



Bystanders No More

Survey Results

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"I realized my silence was part of the problem." - Survey respondent

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Key Points

Bystanders No More (BNM) is a grassroots organisation founded after 7 October 2023. A community-driven survey was conducted to understand what helps or holds people back from speaking up for Palestinian human rights. The high-level takeaways from the survey results are summarised below.

Encourages bystanding

- Close relationships with Israelis and/or Jewish people who are Zionists.
- Dehumanisation of Palestinians.
- Reliance on mainstream media and religious interpretations of scripture.
- Respected contacts who are bystanders.
- Cynicism (“it doesn't matter what I think or do – the system/elites will get their way”).
- Believing most people are still pro-Israel, so exercising “anticipatory self censorship”.
- Fears about career or other risks from taking a stand.
- Feeling overwhelmed by the number of ignored genocides and human rights.
- Living in countries where the Israel lobby and narrative is dominant (e.g. where the government does not support the ICC or ICJ).
- Anxiety about getting trapped in complex discussions about history.
- Expectation of having answers or solutions to the broader geopolitical conflict.

Discourages bystanding

- Morality / anticipation of pride – a place in the struggle – “I did what I could”.
- Personal connection or commonality with Palestinians who are humans “just like me”.
- Making use of independent media and first-hand accounts from the region.
- Respected contacts who are not bystanders.
- Understanding how people who were bystanders made the transition to taking a stand and feeling some affinity with them.
- Awareness of wins from activism / campaigning (e.g. local ceasefire resolutions).
- Knowledge of majority public opinion turning against export of weapons to Israel, etc.
- Willingness to address / manage internal fears in service of the greater good.
- Solidarity with those working against other genocides and injustices.
- Living in countries where the Israel lobby and narrative is not dominant (e.g. governments have recognised the state of Palestine).
- Confidence that stopping mass killings, ethnic cleansing, genocidal war crimes, and collective punishment does not require one to become an expert in history or peace negotiations.
- Self-worth expressed as a belief that our voices have intrinsic value and meaningful influence.

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Introduction

Bystanders No More (BNM) was founded after the events of 7 October 2023. BNM supports equal human rights and dignity for Palestinian, Israeli, and all people. To help gain an understanding of why people do or do not show public support for the protection of the human rights of Palestinians, an informal anonymous survey was distributed to members of BNM's trusted networks. The survey was open during May-June 2024, consisted of quantitative and qualitative questions, and was completed by 248 respondents. A cut-off date of 10 June 2024 was put in place so that the results could be released as soon as possible.

This report provides an account of the results. Future in-depth research that builds on these initial findings is required.

Method

Survey construction

The survey was designed thoughtfully but quickly. It used recurring themes from social media to inform item construction. Some consultation within the networks of BNM's founding members was conducted to enhance the clarity of the wording and minimise ambiguity in phrasing. Future research that is not so time-sensitive for a matter requiring urgent action can be conducted to refine survey items.

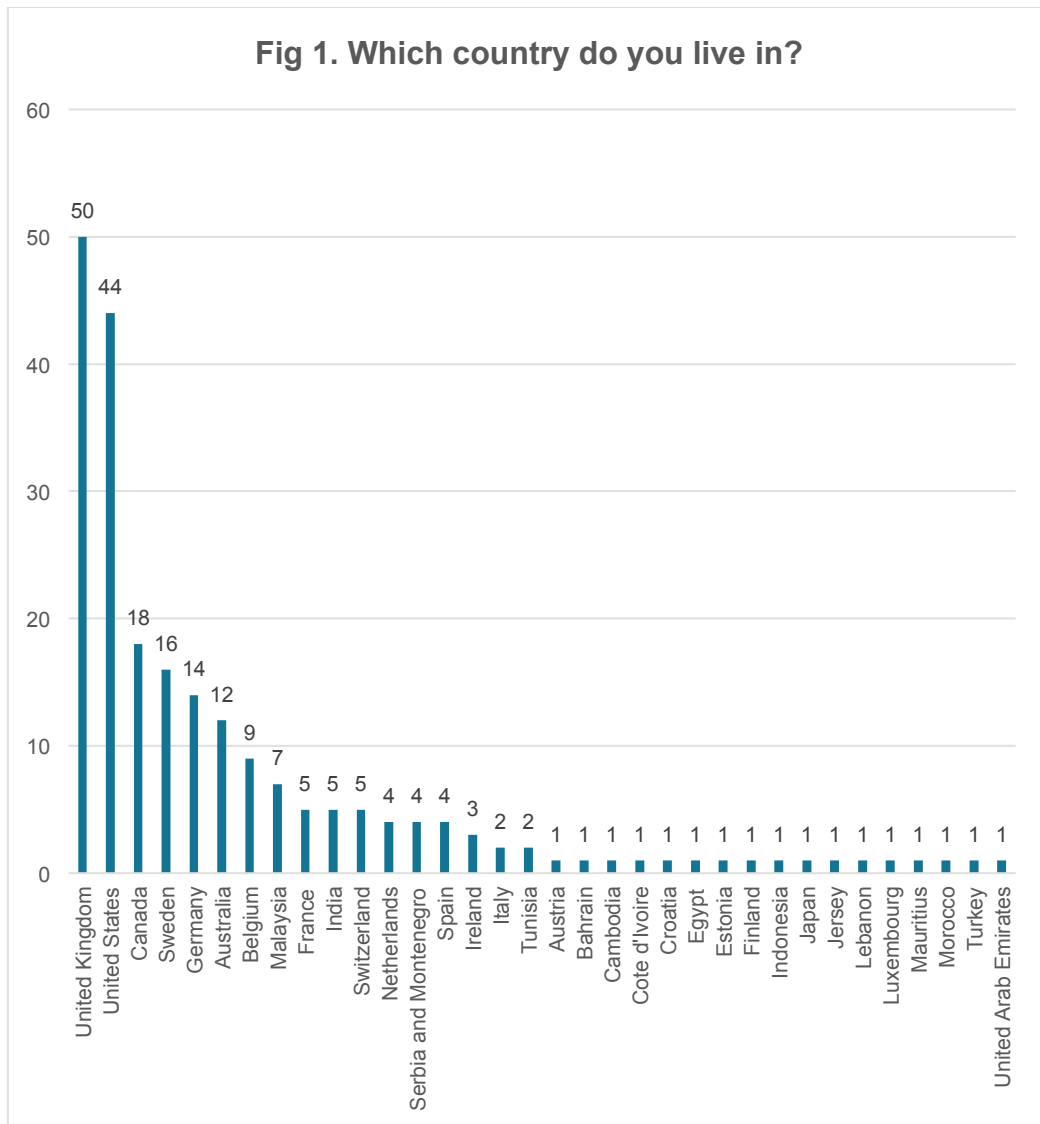
Ethics

This survey was not a university-based study. However, ethical principles in research were still adhered to including informed consent, freedom to withdraw, and anonymity. A thorough introductory blurb was provided with the survey (see Appendix 1) so that the trusted members of BNM's network had a good understanding of the purpose of this informal survey.

Sample

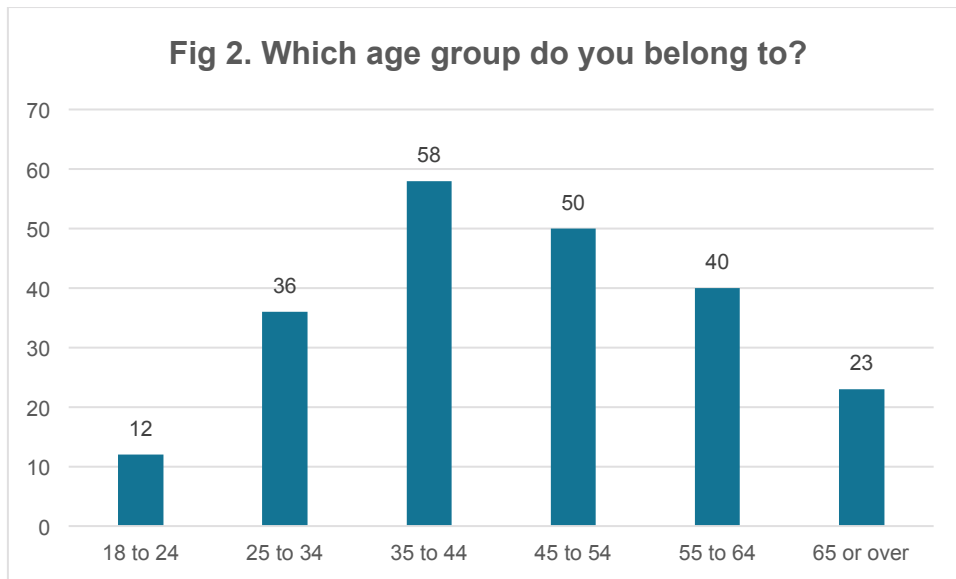
Country

Of the 221 respondents who completed the question on country, Figure 1 shows that most respondents live in the United Kingdom (n = 50, 22.6%), United States (n = 44, 19.9%), Canada (n = 18, 8.1%), and Sweden (n = 16, 7.2%) reflecting BNM's network. More research is required to better understand the experiences of people in the Global South, however the target audience of BNM is silent citizens in Western countries (particularly the nations providing weapons, financial support, and/or diplomatic cover to Israel), and there is some degree of representation from a number of countries around the world.



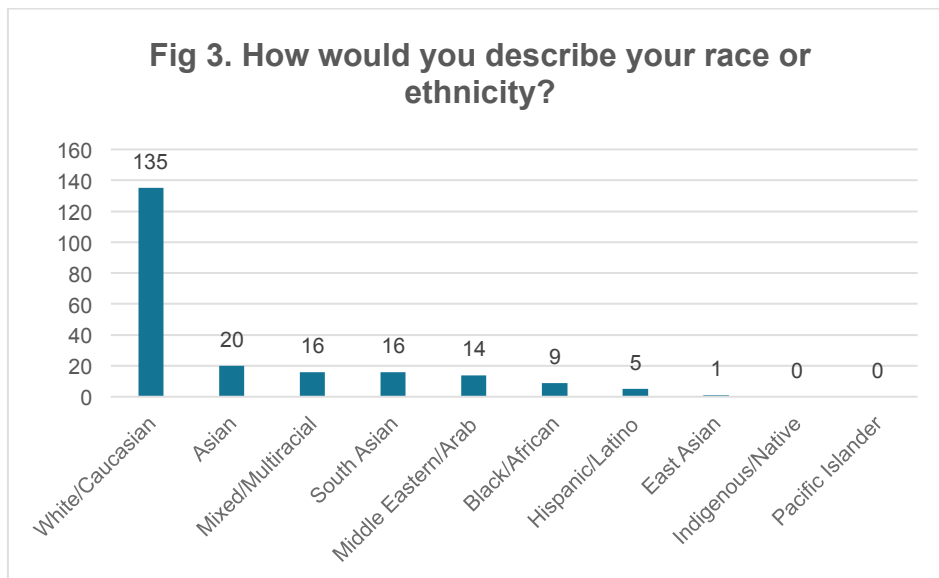
Age

Of the 219 respondents who completed the question on age, Figure 2 shows that they spanned the range of 18 to 65+ years, however the majority were between 35-44 years (n = 58, 26.5%) and 45-54 years (n = 50, 22.8%). If the survey was sent to an essentially equal number of people from each age group, then the results suggest that interest in Palestinian human rights follows a normal distribution ('bell-curve'). If not, the results reflect BNM's network.



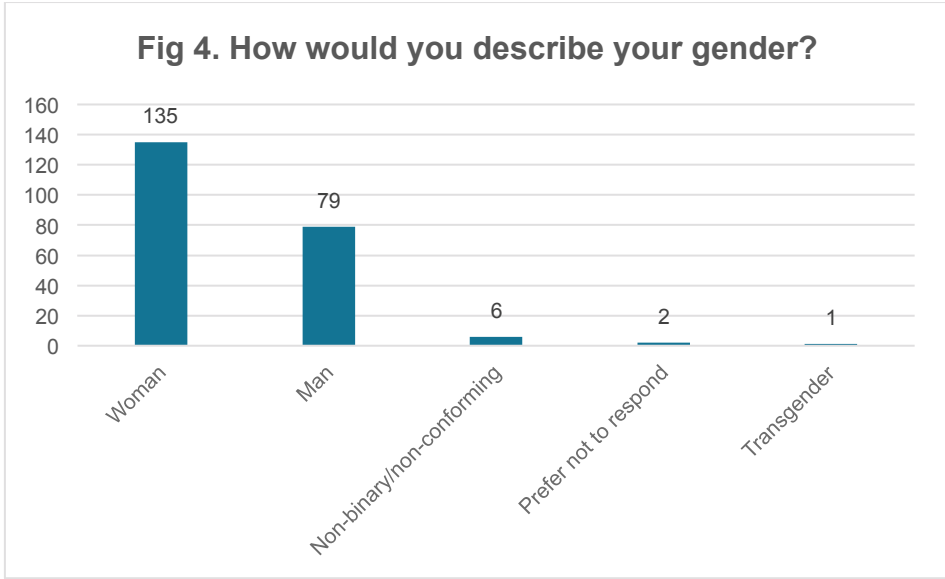
Ethnicity

Of the 216 respondents who completed the question on ethnicity, Figure 3 shows that the majority identified as White/Caucasian (n = 135, 62.5%). The remaining 37.5% identified primarily as Asian (n = 20, 9.3%), Mixed/Multiracial (n = 16, 7.4%), South Asian (n = 16, 7.4%), and Middle Eastern/Arab (n = 14, 6.5%).



Gender

Of the 223 respondents who completed the question on gender, Figure 4 shows that the majority identified as women (n = 135, 61.1%) and men comprised 35.4% of the sample. Assuming the invitation to complete the survey went to an essentially equal number of women and men, it would be best to remain cautious on what this gender difference in survey uptake suggests. Further research is required.



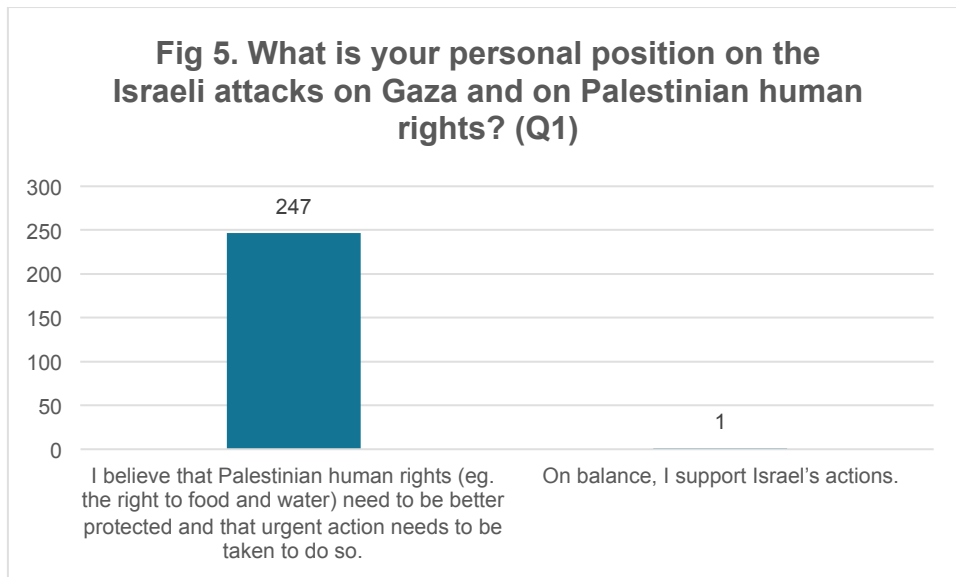
Results

Quantitative questions

Pro-human rights – Yes or no

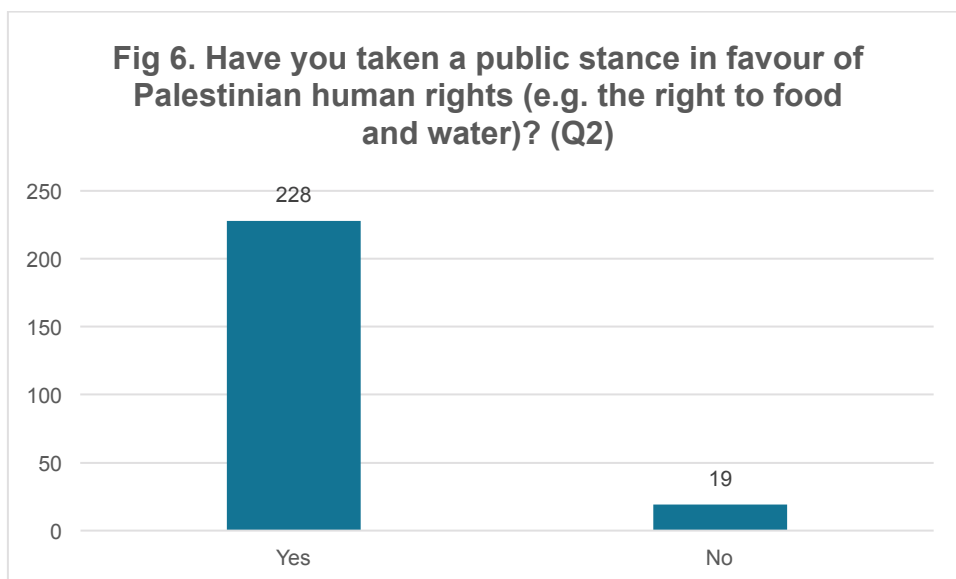
Question 1 asked: “What is your personal position on the Israeli attacks on Gaza and on Palestinian human rights?” There were two forced choice options that respondents could select from. Figure 5 shows overwhelming support for Palestinian human rights with essentially all respondents (n = 247, 99.6%) selecting “I believe that Palestinian human rights (e.g. the right to food and water) need to be better protected and that urgent action needs to be taken to do so”. However, had a different example than the right to food and water been used, different results may have been obtained. Future research that explores all dimensions of human rights is required. Indeed, one respondent to an open-ended question said:

“Can we actually summarize it into food and water? Is it actually only that? Maybe that statement makes it a bit biased to support and say yes. It’s an easy way to support with such statement, So, when it is much more bigger than that, do I have to speak it out?”



Shown public support – Yes or no

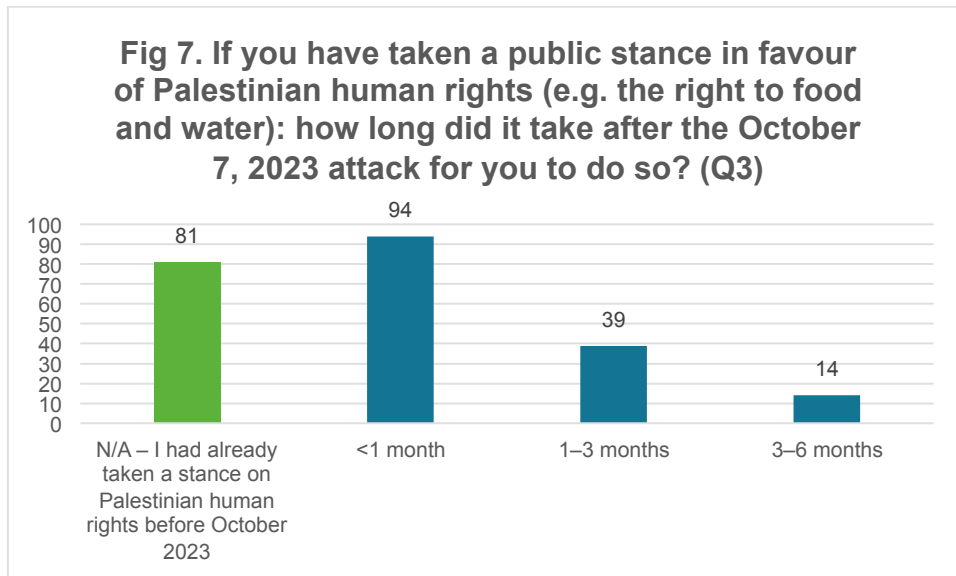
Question 2 asked: “Have you taken a public stance in favour of Palestinian human rights (e.g. the right to food and water)?” Figure 6 shows that alignment between values and behaviours are high in this sample because almost all support Palestinian human rights (as indicated by the results of Question 1; n = 247, 99.6%) and nearly all have said so publicly (n = 228, 92.3%).



Time lag for showing public support

Question 3 asked: “If you have taken a public stance in favour of Palestinian human rights (e.g. the right to food and water): how long did it take after the October 7, 2023 attack for you to do so?” Figure 7 shows that approximately a third of participants who have shown public support for Palestinian human rights had done so before 7 October 2023 (n = 81, 35.5%). Of those who made their support public after these attacks (n = 147), the majority did so within 1 month (n = 94, 63.9%), a sizeable portion did so between 1-3 months later (n = 39, 26.5%), and a smaller portion did so 3-6 months later (n = 14, 9.5%). This shows that in this sample there is strong support for human rights generally, but some may have

taken a slow approach to assessing what was occurring and approximately 3 months later (on 26 January, 2024) the case for plausible genocide had been established by the International Court of Justice (ICJ), causing them to then become vocal.



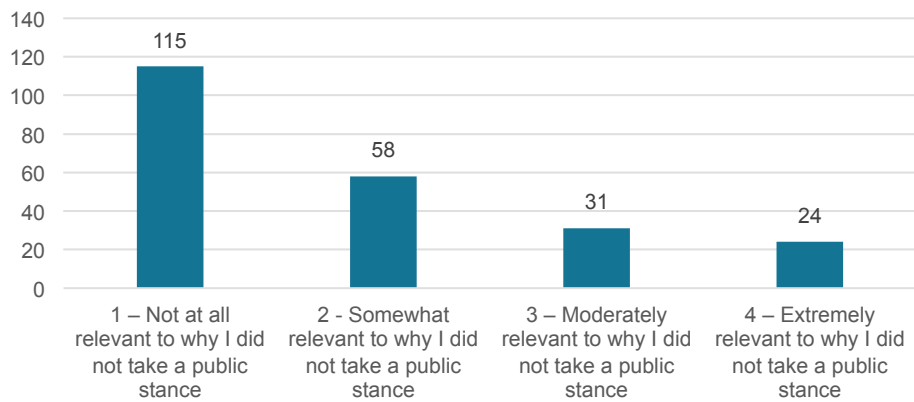
Reasons for delaying public support

Question 4 was comprised of a number of possible reasons (a–k) why people may have delayed speaking up to more clearly tease out the results of Question 3. It asked: “Please think back to the time when you did not take a public stance about the human rights of Palestinians (such as the right to food and water). Consider the reasons below that may have contributed to your decision.”

The region’s historical complexity

Figure 8 shows that 50.4% (n = 115) of the sample said that the history in the region was not at all relevant to why they did not take a public stance at first, leaving 49.6% (n = 113) for whom this was relevant. This suggests that the region’s nuanced complexity with regard to each group’s rights and responsibilities holds significant space within this sample. Further research on education and profession may elucidate this finding. However, if these demographic factors are found to be unrelated to speaking out then it suggests that in any given sufficiently large sample about half will not be swayed by historical complexity from their belief in human rights, especially to food and water which was the running example in the survey. For the other half, it seems that the human right to food and water – an indicator of the right to life itself – are not unconditional, and the extent to which historical context is used to interpret this basic human right does vary across the possibilities from ‘somewhat’, ‘moderately’, and ‘extremely’.

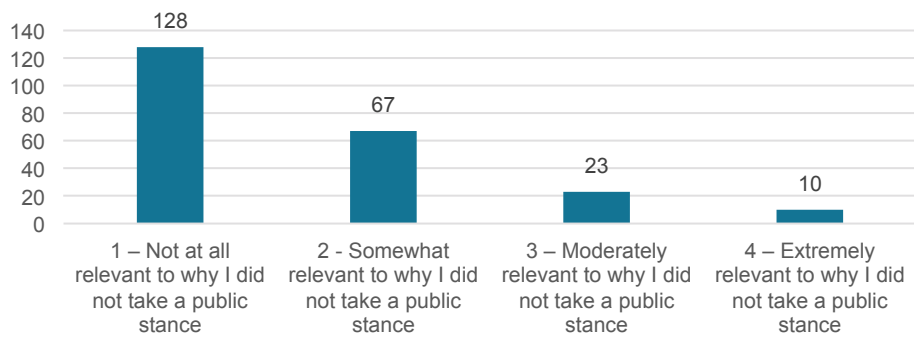
Fig 8. The history in the region is too complex for me to take a stance. Both sides have rights, and both sides have made mistakes. (Q4a)



Pressure to speak beyond human rights

Figure 9 shows that 56.1% (n = 128) of the sample said that speaking up about Palestinian human rights would mean needing to speak up about related debates was not at all a factor in why they were not at first publicly vocal, leaving 43.9% (n = 100) for whom this was a relevant reason. This suggests that respondents in this sample feel clear about their support for basic human rights, but simultaneous social pressure to speak beyond this.

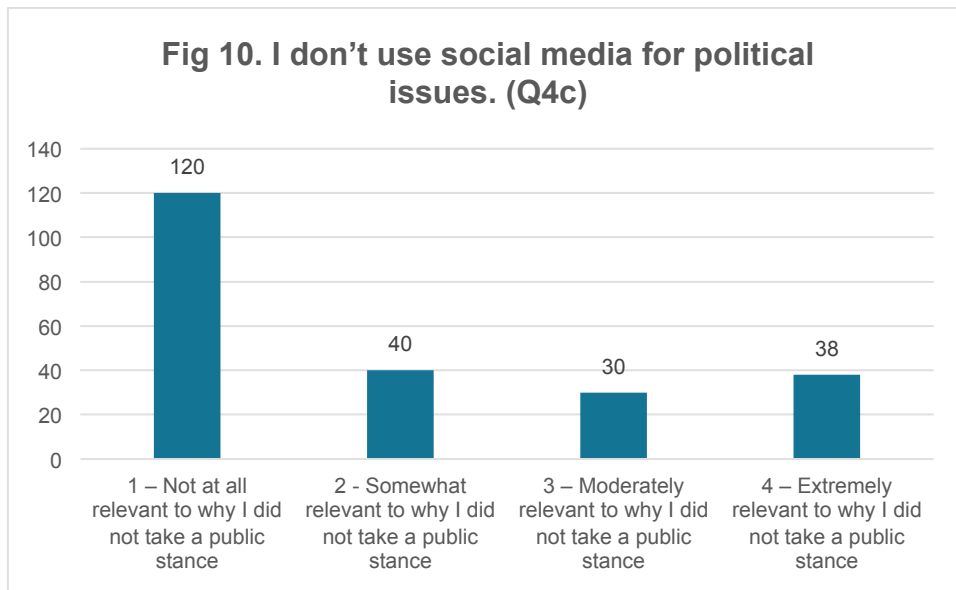
Fig 9. If I speak out about the human rights of Palestinians, I will need to also have views about related debates (arms exports, how to deal with extremists, self-determination and statehood for both parties etc.) (Q4b)



Generally not using social media for political issues

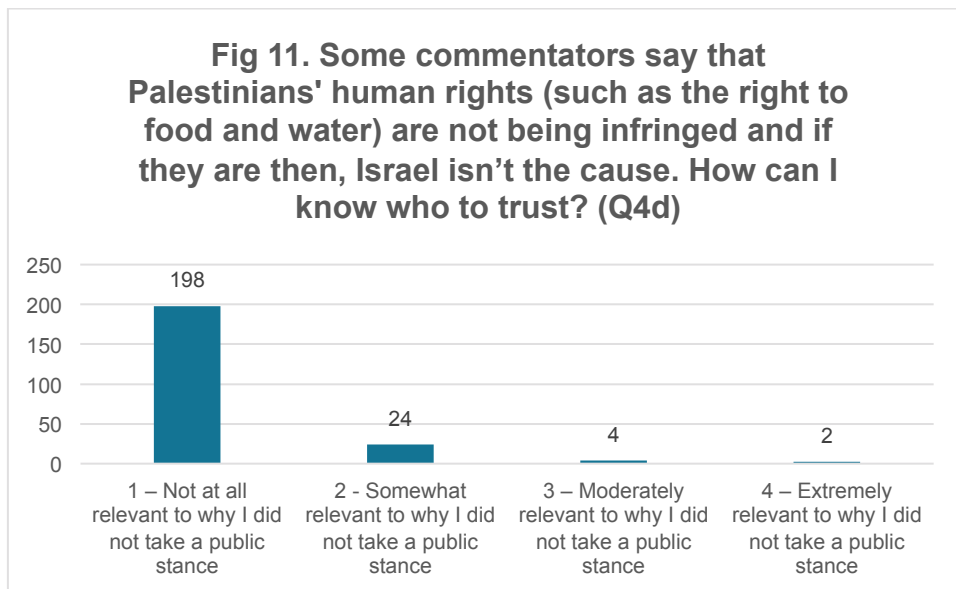
Figure 10 shows that 52.6% (n = 120) of the sample said their use of social media for non-political issues was not at all relevant to why they were at first not public in support for Palestinian human rights. This could have been because this option was not relevant for them, i.e. they *do* use social media for political reasons, but this was not a barrier to them speaking up. For the remaining 47.4% (n = 108), this was a relevant reason that varied in intensity in approximately equal measure from ‘somewhat’, ‘moderately’, to ‘extremely’. This suggests, more broadly, that up to half of social media users may not generally use it

for political issues, but that when there are intense worldwide political concerns they may reconsider this and the time spent making a new decision poses a barrier for them in speaking up to varying degrees.



Confusion on whether Palestinian human rights have been infringed and by whom

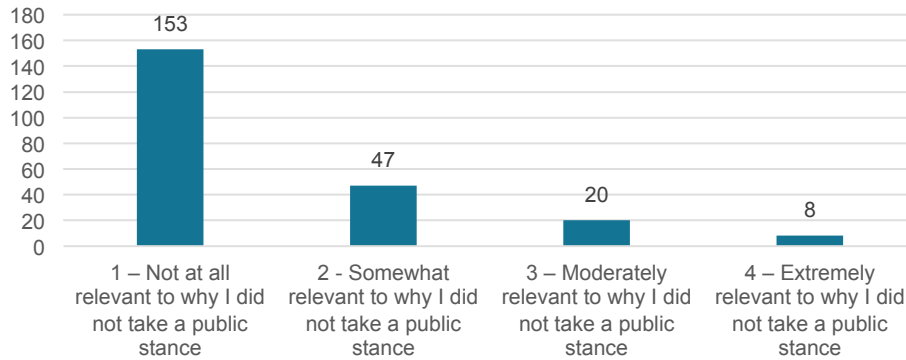
Figure 11 shows that 86.8% (n = 198) of the sample responded “not at all relevant to why I did not take a public stance” to the question about sources that say Israel is not infringing Palestinian human rights, suggesting that very few are confused as to whether Palestinian human rights have been infringed and whether Israel is the cause of them.



Pressure to speak about other atrocities

Figure 12 shows that 67.1% (n = 153) of the sample said that atrocities elsewhere were not at all why they were not publicly vocal at first, suggesting that for the majority of this sample social pressure to speak beyond Palestinian human rights was not stopping them from speaking up for them. However, for 32.9% (n = 75) of the sample this was the case, suggesting that confidence to speak about one human rights issue may come from having a broader knowledge base of human rights more generally.

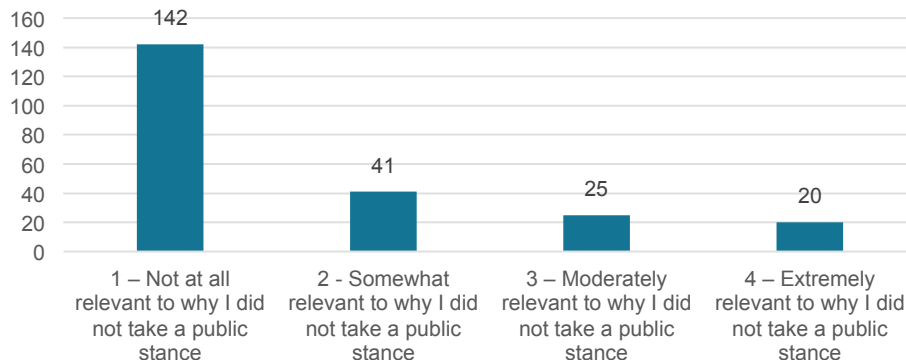
Fig 12. There are other countries where people don't have food and water and also where war crimes are happening. I can't take a stand on all of them. (Q4e)



Potential damaged professional relations

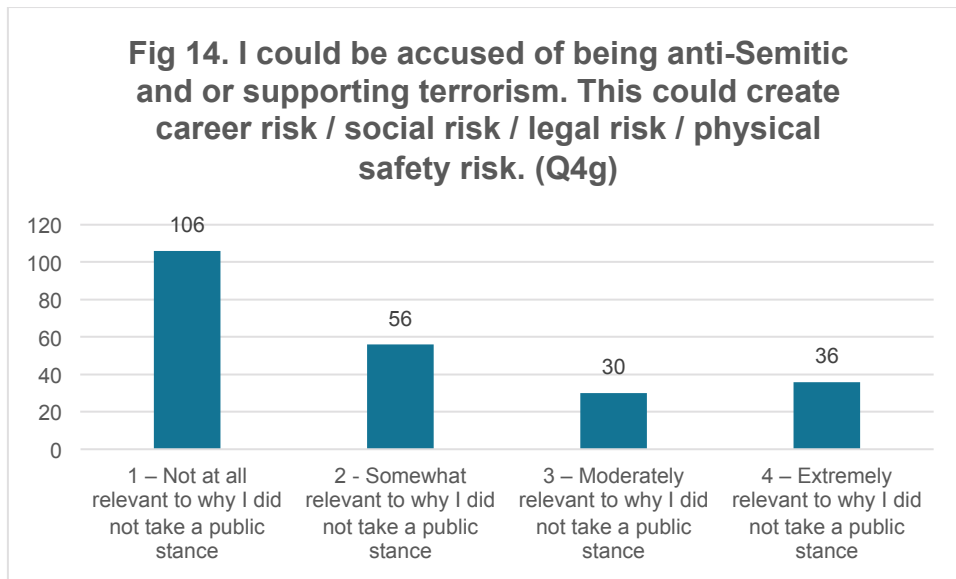
Figure 13 shows that 62.3% (n = 142) of the sample said that the potential for damaged professional relationships was not at all relevant to why they did not speak up at first, leaving 37.7% (n = 86) for whom this was true. This sizeable portion speaks to the real material impact that public solidarity can have, leaving individuals to seriously think about how they will manage this against their value for equal human rights.

Fig 13. My main focus is on something else, and my relationships with clients, funders or stakeholders might be damaged if I comment about Palestinians human rights. (Q4f)



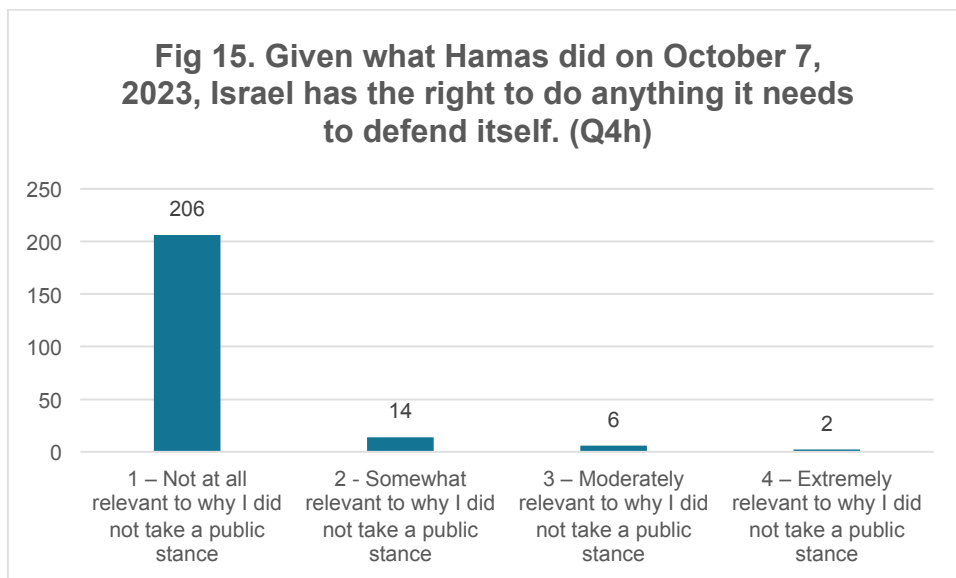
Being accused of being anti-Semitic

Figure 14 shows more variation in the data compared to the previous questions. Of the total sample, 46.5% (n = 106) said that risks from being accused of being anti-Semitic or supporting terrorism were not at all relevant to their not speaking up at first, but this was true for the remaining 53.5% (n = 122). This fits with polarising 'either-or' propaganda that enables the war crimes perpetrated by the Israeli military, in which people are forced to be seen as either pro-Palestine or pro-Israel and cannot support a position where both groups are seen to have the right to self determination.



‘But Israel has the right to do anything to defend itself’

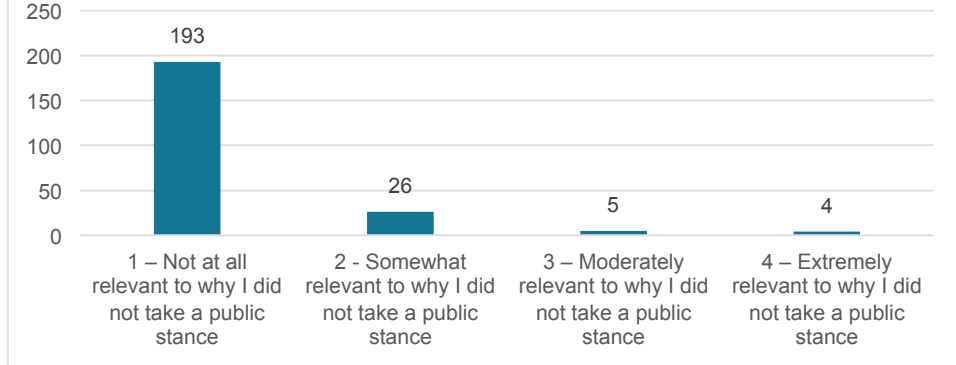
Figure 15 shows that a strong 90.4% (n = 206) of the sample selected “not at all relevant to why I did not take a public stance” in response to the possible reason that Israel has the right to do anything to defend itself against Hamas’ actions on 7 October 2023. This suggests that most of this sample knew early on that the reaction of Israel did not match the trauma caused by Hamas.



Concern about impeding the release of Israeli hostages

Figure 16 shows that a strong 84.6% (n = 193) of the sample selected “not at all relevant to why I did not take a public stance” in response to the possible reason that speaking out for Palestinian human rights benefits Hamas and may encourage them not to release Israeli hostages. This again suggests that most of this sample knew early on that the human rights of civilians are independent from the actions and negotiations of their governments.

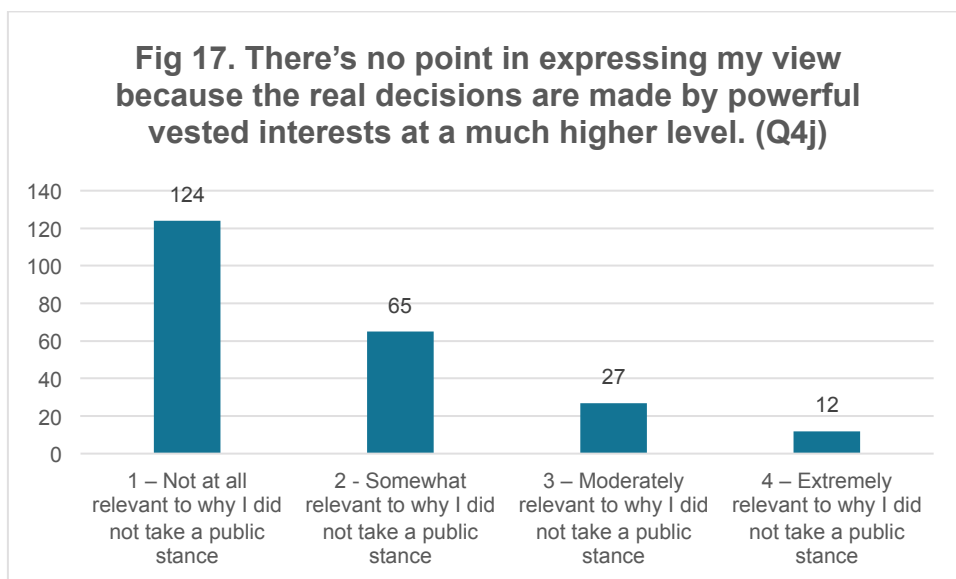
Fig 16. Unfortunately speaking out for Palestinian human rights during this conflict benefits Hamas and may encourage Hamas not to release the hostages. (Q4i)



Concern about whether individuals can truly make an impact

Figure 17 shows that most of the sample selected “not at all relevant to why I did not take a public stance” (n = 124, 54.4%) or “somewhat relevant” (n = 65, 28.5%), leaving only 17.1% (n = 39) for whom the relevance of this possible reason was more intense. It was in relation to whether expressing views really had any impact against powerful institutions, suggesting that in this sample individuals’ sense of agency is high.

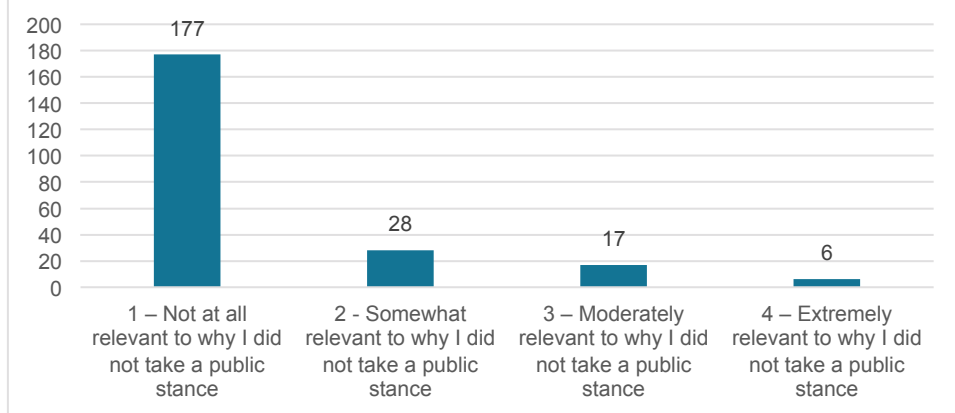
Fig 17. There’s no point in expressing my view because the real decisions are made by powerful vested interests at a much higher level. (Q4j)



Concern about encouraging real anti-Semitism

Finally, Figure 18 shows that a strong 77.6% (n = 177) of the sample selected “not at all relevant to why I did not take a public stance” in regards to whether their speaking out would encourage those who *are* anti-Semitic. This suggests that respondents in this sample may not know others who are anti-Semitic or understand that the expression of their views are independent from those of others.

Fig 18. If I speak out about Palestinian human rights, it might encourage those who are anti-Semitic. (Q4k)



Qualitative questions

Several open-ended questions were asked to provide respondents the opportunity to speak freely about their barriers and enablers of speaking up about Palestinian human rights. Notably, the last two questions were not answered at all, and may reflect lack of relevance, participant fatigue, repetition in themes, and/or a technical glitch where some questions preceding these incorrectly repeated and so were also ignored:

- “What reasons are the most relevant to you in your support for Israel's actions?” (n = 0)
- “What, if anything, might convince you to be more supportive of Palestinian human rights (eg right to food)?” (n = 0)

Barriers to speaking up: Feeling inadequately informed, potential risk, and feeling ineffectual

All of the unedited responses of participants regarding their barriers to speaking up are tabulated in Appendix 2. They have been grouped under broad themes so that the number and variation within them are observable, along with a summary point. The question asked:

- “Please list other reasons that stopped you from taking a public stance on the infringement of Palestinian human rights (such as the right to food and water).” (n = 173).

As the table shows, this question was not relevant for a sizeable portion of the sample because nothing had stopped them from speaking up. However, for the remainder, the main reasons fall under three key themes: (1) feeling inadequately informed, (2) potential risk, and (3) feeling ineffectual. Factors contributing to the drive to build confidence in knowledge were media coverage, their government’s response, and the rapidly expanding scale of the destruction. Risk mostly included social and professional outcomes that would result from speaking up, along with the potential for hostile engagement on social media, but also on how the views of those already subject to racism would be perceived by others. A sense of agency related to how overwhelmed or helpless people felt, and how they were choosing to direct their limited time and energy to ensure their contribution was impactful. Some exemplar quotes have been pulled out below.

Feeling inadequately informed

“The only barrier to me speaking up more about it is what I would term 'guilt bombing'. It is tiring and time consuming to be a loud voice on human rights topics and some of my audience might

consider the frequency of my voice as 'over the top'. However in this situation I have been maximising my voice as much as possible to tackle this issue and raise awareness regardless of peoples opinion."

"We're made to think it's complicated & confusing by design to keep people from approaching the subject much less talking about it openly because once folks start comparing notes, it's clear exactly what's happening & why. Genocide for land & access to fossil fuels. There's nothing political about what's happening in Gaza."

"It was only after members of the British government started openly criticising members of the public for supporting the "pro-Palestinian" marches that I decided I needed to prioritise going on one of the London marches. Also up to then I had had hopes for signs of some resolution of the conflict and more commitment to pressure regarding human rights from governments worldwide."

"Initially, Hamas attacked Israeli people. I was already sympathetic to the 'Palestinian cause' because I'd heard reports of oppression and settlers etc. When it became obvious that the Israeli response was indiscriminate bombing of civilians, I spoke out."

Potential risk

"My audience is primarily American, and challenging the pro-zionist narrative prior to Oct. 7 was regarded as career suicide."

"I have friends and family who are jewish - some who are very balanced in their views and are also horrified by what's happening in palestine... others who are more extremely pro-israel's actions because of how they've been personally affected. Because i am having conversations with them separately, i am very cautious about posting anything more extreme online because i would rather have the debate with them in person than create an online argument where it is so very hard to be properly interpreted and understood."

"People already judge since i am a muslim and a concerned party, they think my views are colored."

Feeling ineffectual

"I feel hurt and paralyzed by the fact that in the past 2+ years I have been needing to hide and suppress my own cultural identity due to a strong global public narrative that blames the people for the actions of militarized, totalitarian governments. I do not feel empowered vocally advocating for other nations while being disowned and marginalized by most of the world. This requires mental health effort that I lack due to chronic anxiety and depression."

"I'm Jewish and have Zionist relatives and friends. While I have never felt okay with the Palestinian plight, I considered it on par with issues in Sudan, for example, and didn't feel like making more than a comment or two was something I should do. I also know Israel is a military stronghold for the US, so there are issues far beyond whether I support Zion or not at this point. I tend to prefer focusing on events I can influence more at home, like refugee resettlement. It seems more powerful and likely to do something."

Enablers of speaking up: Moral outrage and gains in action-promoting knowledge

All of the unedited responses of participants regarding their enablers of speaking up are tabulated in Appendix 3. They have also been grouped under broad themes with a summary point. The questions asked:

- "What do you think compelled you to do so?" (n = 216).
- "Who or what helped you speak up for Palestinian human rights?" (n = 209).
- "Thinking about the biggest obstacles you face in speaking out, what would most help you overcome them?" (n = 8).

As the table shows, the reasons respondents finally spoke up fall under two key themes: (1) moral outrage, and (2) gains in action-promoting knowledge. Moral outrage was informed by the increasing observed degree of injustice, hypocrisy, and violation of human rights. Gains in knowledge were informed by social connections, social media, personal connection to the region, and news and other experts. Some exemplar quotes are pulled out below.

Moral outrage

"It's the clearest case of ethnic cleansing on earth today. All people of conscience need to speak out against oppression and injustice."

"Because the stance that Israel is taking is simply a crime against humanity. Having been pro the Israelis all my life, in view of all the persecutions they have been exposed to throughout the centuries, not least the holocaust, I am shocked and horrified to see them treating the Palestinians the same way. I think the Israelis have a right to defend themselves after the Oct 7 attack, but not like this. This is brutal, this is genocide. Gaza is like a pogrom."

"My Zionist connections were part of the reason I decided to say something. I don't imagine I will change their minds, but I did want to make it clear to my students that Jews are not all Zionists nor are all Zionists Jews. I also wanted to be clear that I was outraged, as a grandchild of survivors, that decimation to another people was happening in "our" name. It's not my name, because I am not Zionist."

Gains in action-promoting knowledge

"Images of violence on social media. Civilians' homes being destroyed and children injured and orphaned. For no fault of theirs. And then finding out all this was happening in a place that these people cannot escape from. What kind of monsters would bomb people who are imprisoned."

"I grew up in the Middle East, have been to Palestine as a child, and have always sympathized with Palestinians."

"The time I have spent reading and trying to understand previous conflicts, the role of conflicts, the fog of war, made it easier for me to dissect this conflict from the start. I believe the only reason wars exist is to remind us that we should never have wars and do everything to avoid them. Studying past conflicts enables me to see past the propaganda of present conflicts."

Conclusion

Summary of key points

An informal anonymous survey was conducted among trusted networks in May-June 2024 with the purpose of better understanding whether and why people speak up for Palestinian human rights. At the time of writing this report (10 June 2024), 248 people had taken up the invitation to complete the survey. The sample was mostly comprised of middle age white women in western contexts, though there is representation from Europe and elsewhere. The sizeable portion of those already vocal about Palestinian human rights before 7 October 2023 tells that this is a skewed, non-representative, sample.

The quantitative results suggest:

- More research is required to better understand the views of people in the Global South.
- Interest in Palestinian human rights may be normally distributed across age.
- Women may be more vocal about supporting Palestinian human rights, and more research is required to understand why.
- Research into all dimensions of human rights beyond the right to food and water is required to understand how they impact on speaking up.

- In this sample, there is strong alignment between values and behaviours because almost all support Palestinian human rights and nearly all have said so publicly.
- Most of this sample had shown public support by the time the International Court of Justice (ICJ) had established the case for plausible genocide.
- Even in a sample that seems to strongly support human rights generally, the human right to food and water was not seen as unconditional and historical context was used to interpret it for Palestinians.
- Respondents in this sample generally feel clear about their support for basic human rights, but simultaneous social pressure to speak beyond this.
- Many people appear not to use social media for political issues, but when there are intense worldwide political concerns, time spent reconsidering whether to use social media for speaking up poses a barrier to varying degrees.
- Very few in this sample are confused as to whether Palestinian human rights have been infringed and whether Israel is the cause of them.
- Confidence to speak about one human rights issue may come from having a broader knowledge base of human rights more generally.
- Speaking out has real material impact, which leaves individuals to think seriously about how they will manage this against their value for equal human rights.
- For many, the fear of being accused of being anti-Semitic or supporting terrorism did not affect whether they spoke up, but for many others this fear is consistent with 'either-or' propaganda that forces people who are pro-Palestine to be falsely seen as anti-Israel.
- Most of this sample knew early on that the reaction of Israel did not match the perpetration of harm caused by Hamas.
- Most of this sample knew early on that the human rights of civilians are independent from the actions and negotiations of their governments.
- There is some apparent helplessness within this sample, but for the most part individuals' sense of agency is high.
- Respondents in this sample may not know others who are anti-Semitic or understand that expressing their views is independent of the anti-Semitic views of those they know.

The qualitative results suggest:

- For a sizeable portion of the sample, there were no barriers to speaking up. However, some are conscious of how often they speak about political issues.
- For a sizeable portion of the sample, lack of knowledge was a barrier to speaking up sooner. However, the degree to which complexity is 'entertained' is part of knowledge gathering.
- Unequal and skewed media coverage and government responses impact knowledge acquisition, and therefore public shows of support. In some locations, these are related to historical guilt.
- Some expressed shock at the lack of interest, others speak only as required, and the increasing scale of destruction has been an important component of how people are making sense of the situation.
- Even after people gain knowledge, the social and professional risks for speaking up need to be considered, along with managing their time and energy for their other causes.
- Social media can be a hostile environment, and deciding if it is where people will show public support may partly hold them back from doing so.
- Some people may not feel it is their place to speak since they are not from the region, others may be subject to surveillance in their country, and others again are conscious of being seen to have a biased view because of their own experiences of racism.
- For most, the emotional impact has been huge and needed to be balanced against what they saw as effectual action.
- Research into how to support the mental health needs of Jewish civilians who are against the actions of the Israeli military and/or their government (e.g. British, US, Canadian) is important.

- The ways in which people transform their agency and/or helplessness into empowering strategies that can make an impact are wide and varied.
- A small number of people said that anonymity helped them speak out, however this may be more widely true.
- One of the main reasons people spoke up was the sheer and horrific scale of injustice and hypocrisy. It violated their value for humanity, belief in human rights, was against their ethnic culture/faith, and caused moral outrage.
- Other enablers of speaking up included the influence of social connections and social media, personal connections to (people from) the region, and gains in knowledge from the news and other experts.
- Finally, some are more heart-led and others are more mind-led, and some have re-scripted their relationship with work.

Where to from here?

Overall, the results tend to validate observations from social media in terms of what holds people back from speaking up and what finally empowers them to do so. The survey also successfully prompted people within BNM's network to raise a voice they were previously struggling to find¹, and provides numeric data that helps quantify the size and spread of trends and qualitative data that helps capture the nuance that numbers cannot. Together, these results show that when the enablers of speaking up (moral outrage and gains in action-promoting knowledge) outweigh the barriers (feeling inadequately informed, potential risk, and feeling ineffectual), people find their public voice (see Figure 19).

These initial findings and feedback are being used by BNM to guide their selection of educational materials and future work in support of human rights that reaches its intended audience – bystanders. This may include, for example, collaborating with anti-Zionist Jewish groups and workers' unions. Indeed, it is often assumed that knowledge = facts, whereas in practice the most useful knowledge is information that challenges propaganda, provides advice on how to overcome barriers, and insight that motivates action. The testimonies of people who have recently moved from bystander to advocate and why¹ shows that people who act collectively can shift the views of the political and media elite.

In closing, BNM remains shocked at the inhumanity of what is happening to Palestinians. One might reasonably think the continuous media exposure would cause most of the western public to push their governments to act in accordance with international law, but as we have seen for many months the level of dehumanisation of Palestinians and the power of the Israel lobby in key countries suggests that almost any level of atrocity imaginable will be met by assertive propaganda and “manufactured consent”. The result is that despite majority public support for ceasefire and arms export bans in most countries “neutrals” will continue to sit on the fence or (in effect) stay silent, including de-prioritising what is happening to Palestinians in their social and political engagement.

BNM was founded to combat such complicity. Our aim is to help people directly address the forces that are driving their bystander behaviour. As Figure 20 shows, our current target group are people who are “genuine neutrals” or supportive but silent (a flexible, teachable subgroup of the bystander demographic) and “passive opponents” (sympathetic to Zionists). It is also important to acknowledge that some people may have felt shame about their silence and therefore shied away from taking the survey. A question facing BNM is how we rouse them into action without the judgment that kept them from facing the survey at all. Likewise, the provision of a support network for those harmed for speaking out may also be useful as such groups are currently insufficient or not widely known as compared to the plentiful knowledge resources available.

¹ This feedback has not been provided here but is extensive and in-depth, and will be used to guide the design of future resources. We are grateful to the people who took time and care to provide considered reflective feedback.

Fig 19. Summary of enablers and barriers of speaking up for Palestinian human rights

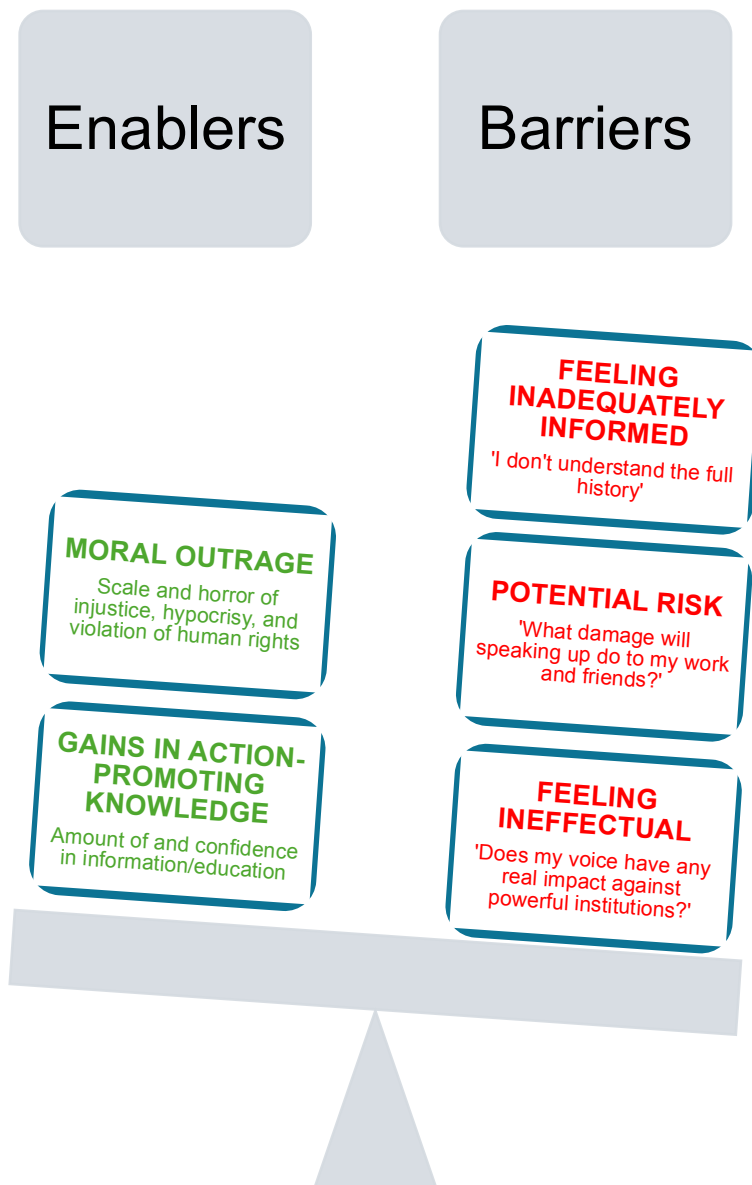


Fig 20. The scope of BNM's target audience



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I wish to acknowledge inspiration from David H. Albert: "People Power — Applying Non Violence Theory" New Society Publishers, Philadelphia, PA, 1985.

"Enabling people to take a view without feeling they have to solve Palestinian-Israeli relations would be useful." - Survey respondent

Appendix 1: Introductory blurb and survey questions

Dear [Recipient],

I hope this email finds you well.

I'm part of an informal volunteer project to better understand the dynamics behind public engagement—or lack thereof—regarding the human rights of Palestinians, even their right to food and water.

This initiative stems from our realization that some of us have, for different reasons started to say what we think whilst others are silent on this pressing issue, despite alignment with related causes such as human rights, peace, and social justice.

You can read more about what we are doing at our [website](#) [under construction].

Based on our own experiences, we know that there are different reasons why people hesitate to take a stance on Palestinian human rights. What we are curious about is what reasons are most important for who. And from this better understanding of these concerns, we hope to find ways to support more people to speak out in a way that they want to

Hence this brief and fully anonymous survey: [URL]

Please rest assured, your responses will remain strictly confidential and we are focused on getting a holistic understanding of the diverse experiences within our network.

If you find this project resonates with you please do share your experiences in the survey. We estimate it will take about 5- 10 minutes to fill in. And if you believe it could be of interest to others in your network, we kindly ask for your support in sharing the survey with them. We hope that together we can work towards a more informed and empathetic dialogue surrounding Palestinian human rights.

Your participation is entirely voluntary, and if this initiative doesn't align with your interests, please feel free to disregard this email.

Thank you in advance for considering this request. Should you have any questions or concerns, please don't hesitate to reach out to me directly.

Warm regards,

[Your Name]

Bystanders No More is a grassroots effort rooted in the belief that people power democracies. As more justice-aware bystanders start to raise their voices, our hope is that it will become increasingly untenable for governments to ignore or dismiss the will of the people.

We will start with a quick (practitioner) survey to understand the most common reasons why bystanders initially chose (or still choose) to stay silent on the forced starvation and other genocidal war crimes in Palestine. It is anonymous and intended to help us educate and motivate “open-minded neutrals”.

The overall goal of the project is to provide supportive education and useful, empowering, actionable suggestions for people who are ready (or nearly ready) to start lobbying others – most notably their elected officials – toward lasting solutions. In our “call to action” email we will likely provide a short educational-cum-motivational video specifically targeted at open-minded neutrals.

We will encourage those who come through our site to support existing groups as we do not see ourselves as having a long-term role.

What is your personal position on the Israeli attacks on Gaza and on Palestinian human rights?

I believe that Palestinian human rights (e.g. the right to food and water) need to be better protected and that urgent action needs to be taken to do so.

On balance, I support Israel's actions.

Have you taken a public stance in favour of Palestinian human rights (e.g. the right to food and water)?

Yes

No

If you have taken a public stance in favour of Palestinian human rights (e.g. the right to food and water): how long did it take after the October 7, 2023 attack for you to do so?

Not applicable – I had already taken a stance on Palestinian human rights before 7 October 2023.

Less than 1 month

1 – 3 months

3 – 6 months

Please think back to the time when you did not take a public stance about the human rights of Palestinians (such as the right to food and water). Consider the reasons below that may have contributed to your decision.

	1 – Not at all relevant to why I did not take a public stance	2 – Somewhat relevant to why I did not take a public stance	3 – Moderately relevant to why I did not take a public stance	4 – Extremely relevant to why I did not take a public stance
The history in the region is too complex for me to take a stance. Both sides have rights, and both sides have made mistakes.				
If I speak out about the human rights of Palestinians, I will need to also have views about related debates (arms exports, how to deal with extremists, self-determination and statehood for both parties etc.)				
I don't use social media for political issues.				
Some commentators say that Palestinians' human rights (such as the right to food and water) are not being infringed and if they are then, Israel isn't the cause. How can I know who to trust?				
There are other countries where people don't have food and water and also where war crimes are happening. I can't take a stand on all of them.				

My main focus is on something else, and my relationships with clients, funders or stakeholders might be damaged if I comment about Palestinians human rights.				
I could be accused of being anti-Semitic and or supporting terrorism. This could create career risk / social risk / legal risk / physical safety risk.				
Unfortunately speaking out for Palestinian human rights during this conflict benefits Hamas and may encourage Hamas not to release the hostages.				
There's no point in expressing my view because the real decisions are made by powerful vested interests at a much higher level.				
If I speak out about Palestinian human rights, it might encourage those who are anti-Semitic.				

Please list other reasons that stopped you from taking a public stance on the infringement of Palestinian human rights (such as the right to food and water).

What do you think compelled you to do so?

Who or what helped you speak up for Palestinian human rights?

Which country do you live in?

Which age group do you belong to?

18 to 24

25 to 34

35 to 44

45 to 54

55 to 64

65 or over

How would you describe your race or ethnicity?

White/Caucasian

Asian

Mixed/Multiracial

South Asian

Middle Eastern/Arab

Black/African

Hispanic/Latino

East Asian

Indigenous/Native

Pacific Islander

How would you describe your gender?

Woman

Man

Non-binary/non-conforming

Prefer not to respond

Transgender

Please list any other reasons you have not taken a public stance on the Palestinian human rights (such as the right to food and water).

Thinking about the biggest obstacles you face in speaking out, what would most help you overcome them?

What reasons are the most relevant to you in your support for Israel's actions?

What, if anything, might convince you to be more supportive of Palestinian human rights (e.g. right to food)?

Appendix 2: Barriers to speaking up (verbatim responses)

BROAD THEME / VERBATIM RESPONSES

Don't know

- I've been pro-Palestine before 7/10 but I have no answer why I haven't engaged more of a public stance.

N/A

- Na
- N/A
- None.
- No one.
- Not relevant.
- Free Palestine.
- Not applicable.
- I haven't stopped.
- nothing is stopping me.
- I have taken a public stance.
- I did and am taking a public stance.
- I wasn't stopped, I did talk about Palestina.
- not applicable - I have always taken a stance.
- I took a public stance just not before the attack.
- I always have supported Palestinian human rights.
- I have always been vocal about Palestinian rights.
- None, I always believe in Palestinians' rights to exist.
- I did take a stance - Question 4 and 5 assumes I didn't!!!
- I have taken a public stand for Palestine for over 25 years.
- I have been quite vocal throughout. So nothing stopped me.
- I've been vocal since the aftermath of 9/11. It's nothing new to me.
- I have never not taken a public stance on Palestinian human rights.
- I have never not taken a public stance on Palestinian human rights.
- I have supported Palestinians since I was in my twenties (50+years).
- Have always none that Palestinian human rights have been infringed.
- I never stopped supporting Palestine from 2000 till now and until I die.
- I was very young and have been political all of my adult life/late teens.
- I have always taken a stance, but the degree to which I am vocal varies.
- Not applicable, as I have been very vocal about Palestinian rights from Oct 7th.
- As long as I can think of I've taken a public stance question isn't that relevant to me.
- N/A. I began posting on LinkedIn (the only social media site I use) within a day or two of the travertine against civilians.
- I have always taken a stance on the infringement of Palestinian human rights, so the questions above are not entirely relevant.
- No reason, I was always with the Palestinian liberation. However, having Jewish friends made me just think how to express myself.
- I have taken a stance as consistently as I can. This question is generally not relevant. I'm completing the survey more so that I know what it entails before I forward it to the target audience.
- I always spook out what I thought but the Pointe before mentioned were important for me to think about before. Also to get the German nationality for family members have been important to think about. At the end I decided the Justice and the people in Palestine are more

SUMMARY

Sometimes, people simply do not know why they did not speak up sooner. For a sizeable portion of the sample, there were no barriers to speaking up. However, some are conscious of how often they speak about political issues.

important!

- I have always made my views clear in non public spaces when the issues arose and acted privately to raise concerns, but I only make statements in public when I think it can or hope it can make a difference. People can easily turn off when bombarded so I try to choose carefully what I post publicly in order to maintain objectivity and balance, given both the organization I work for and my personal reputation.
- I never really had reasons that stopped me. The only barrier to me speaking up more about it is what I would term 'guilt bombing'. It is tiring and time consuming to be a loud voice on human rights topics and some of my audience might consider the frequency of my voice as 'over the top'. However in this situation I have been maximising my voice as much as possible to tackle this issue and raise awareness regardless of peoples opinion.
- I have been really careful sharing posts and checking verifying information (if not UN, WHO, MSF etc source) with another source. I am careful about what photos I post - sometime it feels so intrusive into people's grief. I tend to focus my post on my professional background of health care - this keeps it focused. I have worried about posting on social media due to my position in an international organisation.
- There is not much that stopped me and I started to speak out maybe a week after October, 7th. Before October 7th occupation of Palestine territories was only discussed in friends and family circle. Being of Ukrainian and Russia origin I feel an extreme fatigue of speaking about the war all the time and feel like I have to post about something else but wars. Also, I post more on all political and personal topics through media like Instagram as I am not used much to use LinkedIn to communicate myself but rather to read others. Although sometimes I feel like my page is more a media outlet than my personal page, so I am trying to limit myself on political posts (war in Palestine, in Ukraine, climate change, biodiversity loss, shit economics system, far right rise, etc).

Lack of knowledge

- Uneducated.
- Lack of awareness.
- Not feeling informed enough.
- I did not know how bad it was.
- Fear of saying something unfactual.
- Pre 2020 it was ignorance/lack of awareness.
- Lack of exposure to information about the situation.
- Possibly lack of knowledge or awareness before oktober.
- It took a while to realise what the Israeli intentions were.
- General fear of not knowing what to say and how to say it.
- Lack of knowledge on how to engage in a meaningful way.
- A few years ago I was more ignorant about what was going on.
- The thinking has not been encapsulated well enough (and it drives me mad)..
- I didn't feel like I knew enough about everything and struggled with worrying about saviour complex.
- I am in my late seventies and most of my contemporaries won't discuss the conflict and are not well informed.
- I believe everyone has a right to basic human necessities, however the conflict had confused me in the beginning.
- It took time to first educate myself on the situation and history, and the accumulation of evidence, that led me to act.
- I am not into politics as I do not understand most of it as anyone can sound as if they are telling the truth it is too hard to judge.
- I had no idea that Palestine used to be a country under British colonial rule and then later turned into Israel. I had always thought Israel was a middle eastern country.
- Before 7 October I was profoundly ignorant. Since then I have been outraged by that I was so ignorant, realising it was because of propaganda that I had such a lack of knowledge.
- There was a time when I was not sufficiently informed about the lives and the harshest of realities of the Palestinians following the Nakba. And this was the result of my self-inform irresponsibility at the time.
- The right to food and water was never in question for me. In this context they are being attacked to the war itself. I needed to know more about the history of the conflict and to differentiate information from misinformation in the news and social media.
- Not understanding the nakba and thinking this all was established rule of law by israel from WWII. not knowing how drastically different the quality of life was between the two. Not understanding that palestine doesn't get a lot of help from other Islamic countries.

For a sizeable portion of the sample, lack of knowledge was a barrier to speaking up. However, the degree to which complexity is 'entertained' is entwined with the knowledge-gathering stage.

Related to lack of knowledge is unequal and skewed media coverage and government responses that do not support equal free speech, which also influences how quickly someone will speak up against the infringement of human rights. In some locations, this is related to historical guilt.

For some, there was shock at the lack of interest. For others, they speak up only as required. The issue of scale – 'how bad the situation is' – is part of some people's meaning-making.

- My actual reason (terrible and embarrassing to say) is that I really didn't know about the human rights violations in Gaza until October 7. I then learned and took action. I am from a small rural community a fair distance from a city so it can be challenging to get to public events.
- Lack of understanding of the issues due to accurate account of Palestine's history We're made to think it's complicated & confusing by design to keep people from approaching the subject much less talking about it openly because once folks start comparing notes, it's clear exactly what's happening & why. Genocide for land & access to fossil fuels. There's nothing political about what's happening in Gaza.
- Right to food and water is everywhere. In these conflicts everyone's right and everyone's wrong. And doing the sum about who was done more right or wrong is kinda pointless as every action in different moments of history are not measurable the same way. Everything that happens now is more relevant. being indecisive might be weak. Giving statements might be divisive. It's just not my field even though I would love for it to disappear.

Media coverage/ Government response

- Discourse in Germany.
- No awareness / portrayal in Media.
- Being misled by the media and a lack of government response.
- Public narrative and societal repercussions in Germany / Austria.
- The general pro-genocidal media environment in western countries.
- Fake Israeli propaganda and medis brainwashing against truth which led to lack of support.
- Lack of access to information surrounding the topic until recently thanks to the prevalence of social media.
- Others with actual power also not doing anything. Just talk n act like they championing the palestine.... especially the muslim leaders.
- Like the past century and a half of western interference in the region this is sadly yet another chapter in a long sad, dehumanising book of power, men and money. The racist, xenophobic institutionalised view of the Middle East and Islam and Judaism is well and truly alive in societies in the west.
- Political intanglements, difficult to get a holistic picture, different new reports favoring israel (news in the US + Germany, which differ greatly and cause confusion and a feeling of 'guilt' when israel is not protected). Those aspects are again related to the time I didn't take stance. Not i'm very clear on that + the reasons I couldn't take clear stance.
- It was only after members of the British government started openly criticising members of the public for supporting the "pro-Palestinian" marches that I decided I needed to prioritise going on one of the London marches. Also up to then I had had hopes for signs of some resolution of the conflict and more commitment to pressure regarding human rights from governments worldwide.
- I worked for many years for an international media organisation where I was categorically told not to express political opinions in public. A lot of my (now former) friends are Zionists and discouraged me from looking into the issue of Palestinian rights. I also was simply not aware before Oct 7th because of poor media coverage. As soon as I became aware there was no other way to behave except support the resistance.
- Thinking that others (UN staff, government officials, human rights defenders, NGOs, etc.) are in a better position (sources of reliable first-hand information, authority, network, etc.) to report about the situation; better capacity to escalate the violation of human rights, international & humanitarian law to higher level; and actually a lot was (and is) being done, just it was getting a 'blind eye' for too long and has been filtered to remove 'dark spots' from the well 'sold' narrative.

Matter of scale

- Repetition.
- If asked I comment, otherwise I don't bother.
- Haven't been politically involved with Palestinian human rights.
- Few opportunities. Privately I have supported Palestinian rights for years.
- NA, wars are never free from war crimes, I don't know why everyone is so offended that Israel also commits war crimes.
- I knew that Israel would react to such an attack. I was not sure how bad. But very soon after few weeks I was convinced the answer was disproportionate. So I took a stand.
- The overall lack of interest/concern/empathy in the country where I live, although we went through a similar situation/act of aggression from another country not so long ago.
- I was quite shocked to see the support for Israel from people I thought would be more humanitarian, I felt there was only one side you could be on if you were a humanitarian.

- A military response by Israel and some level of civilian casualties would have been reasonable; it was only when the scale of disproportionate violence became clear that I chose to speak out.
- I was hoping the murdering would last a few days, as a revenge action of Israel, and then the world would step in to calm the situation. Alas that did not happen. The murdering continued for 7 months on.
- Initially, Hamas attacked Israeli people. I was already sympathetic to the 'Palestinian cause' because I'd heard reports of oppression and settlers etc. When it became obvious that the Israeli response was indiscriminate bombing of civilians, I spoke out.
- Immediately after October 7, my first thought was Hamas knew what it was doing and that it would unleash immense killer force on Gaza from Israel. This was my first emotion-anger at Hamas. It was only as the killer force played out that I saw the stance had to be to stand with the Palestinians. This was all within a week or so. I also was feeling for my Jewish friends and knew the pain they were in due to the Hamas attack and reached out to them to express sympathy. It was only as things unfolded (My stance has always been anti-Israeli for its treatment of Palestinians) that I dug deeper into learning and re-learning the history, paying attention to what was happening in the West Bank, etc and becoming clear on the Hamas attack and historical context. It re-centered my stance and firmed my commitment. This has been complicated by the fact that the activist climate group I work with will not take a position on this situation.

Fear of social and professional impacts

- Losing funding.
- Social pressures.
- Family dynamics.
- Limited resources.
- Fear of loss of work visa.
- Work in the Jewish professional world.
- Fear of retaliation from those in power.
- Workplace and being a public servant.
- I'm afraid of alienating my Jewish friends.
- Someone imposing harm to me and my family.
- The Civil Service Code limits my self-expression.
- Did not want to lose friends, especially a Jewish friend.
- Mostly it was the risk of getting in trouble with my employer.
- Fear of being called antisemitic although I know I'm not one.
- I couldn't risk my social media impacting my visa application.
- I think the fear of being labeled anti-semitic is the main reason.
- A bit scared as Israel has an embassy here. Police arrest may be.
- I am a journalist, and would be violating my company's policies if I did so.
- Challenges navigating conflict within my family and broader social community.
- Fear of negative repercussions in the form of criticism of my firm, loss of clients.
- As mentioned in the questionnaire, I am not willing to be classified as anti-Zionist.
- I know it's right but I felt ill-equipped to argue with Zionists and to answer their bullshit spin.
- Fear of what it means for your career and what it could mean for those who depend on you.
- Not wanting to create a bad atmosphere by talking about something that is viewed as controversial.
- I have friends who are Jewish and am not sure whether this might be an emotional, hot issue for them.
- My Jewish community shut me out completely for mentioning Israel at all without even taking a stance.
- Concern from family members that speaking out will inhibit career prospects and my ability to provide for my family.
- People isolate me as radical, outspoken; people care only about themselves and very few are interested only.
- I never stopped talking about Palestine.. I already lost job opportunities and been harassed due to my standing for Palestine.
- My audience is primarily American, and challenging the pro-Zionist narrative prior to Oct. 7 was regarded as career suicide.
- I live in the Middle East. As a foreigner I have no political rights and need to be careful about speaking up against things that are happening

Even after people gain knowledge, the social and professional impacts for speaking up still need to be considered, along with managing their time and energy for other causes they may be committed to.

Social media can be a hostile environment, so it is not always the best place for showing public support. Time spent deciding if it is a place people will speak out on may partly be holding them back from doing so.

Some people may not feel it is their place to speak since they are not from the region, and others may be subject to surveillance in their country. Generally, people who are subject to racism are conscious of how their views will be interpreted by others.

around the world.

- I am absolutely using my privilege to bury my head and not address what is happening. Where I live has a big bearing on this decision, as bluntly the people are idiots.
- I live in a country that is extremely supportive of Israel due to the Holocaust, public opinion is very Zionist and public debate is extremely hostile and not at all open to discussion.
- I own my own business so I need not fear others contacting my employer in an attempt to have me fired or 'cancelled'. However, I have seen this happen to others speaking out in support of the human rights of Palestinians.
- At least in Spain, my business environment is highly inclined to right-wing political views, which overwhelmingly supports Israel. I would be a minority voice and would raise concerns that may affect my business relationships.
- I work for a university that has adopted the IHRA definition of antisemitism that conflates criticism with Israel with antisemitic speech. We have an active group of pro-Israel Zionists who complain about any academic who speaks up for Palestine.
- I try to respond personally rather than as the business but it's virtually impossible not to be perceived as speaking for the business. Hopefully the partners I collaborate with understand my position & my adherence to our original vision & values.
- I do speak out, but with great caution. I am a former Israeli who works in my Jewish community and I feel very vulnerable professionally and in terms of my personal safety, as well as putting my family members' careers at risk. So I am VERY cautious, sadly.
- In past years, I had been more careful about how I spoke about this issue. I didn't want people to call me anti-semitic. Now I feel like I need to have more courage and have learned how to frame my position so I can advocate for Palestinians and against anti-semitism.
- I worked at a Jewish school and have a lot of Jewish friends. My wife is Jewish and there is already tension around this issue from before these horrors. I want to thread the needle between being supportive and not offending people I respect and care about.
- I lived in Israel for 3 years, my ex is Israeli. Friends of friends died on Oct 7th, so I have a strong human connection to Israelis. I have read many books on the topic of Israel/Palestine before October 7th, and have been advocating for the Palestinian cause in private circles ever since I started educating myself about the occupation. I don't use social media except for an occasional work-related message, so I am hesitant about starting with this now.
- Hesitancy initially just after October 7 as I had not publicly spoken much about Palestinian rights before even though I was well aware of the constant oppression of these people. This implicit feeling that it was unpopular or damaging to speak up about this as it would make me look 'controversial' on my professional profiles. I overcame this quite quickly and decided to start posting in mid-late October onwards as it felt wrong to stay silent and didn't feel true to myself.
- We have very good friends who are Jewish and believe Israel has the right to "finish it" because of the attacks and kidnappings. Even though I felt it was wrong from the start, I felt speaking out would hurt our friends. It was out of respect for them that I left the fight to other people.
Second Reason: I'm already deeply committed to being a climate change activist. I don't have the emotional strength, energy and time to devote myself to fully understanding the issues and becoming more involved in Palestinian protests. That has been changing as I've seen the atrocities, dehumanization and suffering in Gaza.

Fear of social media impact

- Getting blocked by social media and trolling.
- It is not simple not to be misunderstood on social media.
- Dealing with the blow back from internet trolls who ask me to defend my own views.
- Not wanting to be confronted or harassed by online anti-Palestine trolls or paid agitators.
- Generally reticent to enter the fray on social media, especially Twitter as it is now so hostile.
- For me, primarily because I am not a major user of social media. In conversation with most people I would have no issue expressing my opinion.
- There are different channels, personal dialogue works. Social media cannot be controlled.
- I've found that certain political posts get suppressed on LinkedIn and posting about Palestine damaged my reach hugely. So it seemed like I would only be reaching those who were already on side, so to speak.
- I don't use Twitter/X, and only really use Facebook, Instagram and LinkedIn. I don't have public profiles on the first two, but I do on LinkedIn. I haven't posted anything to date as I've found interactions on LinkedIn to be very business-focussed, and anything that relates to social issues tends to be ignored.

- Usually I used Facebook to express my personal opinions, usually I used LinkedIn only for professional purposes, but, as there was contents regarding the war crimes as collective punishment and innocent civilians being killed, so I decided to take sides. Some extremists jews started to accuse me of antisemitic and fortunately my complaint to LikedIn were accepted as defamation, they play hard against us.
- I have friends and family who are jewish - some who are very balanced in their views and are also horrified by what's happening in palestine... others who are more extremely pro-israel's actions because of how they've been personally affected. Because i am having conversations with them separately, i am very cautious about posting anything more extreme online because i would rather have the debate with them in person than create an online argument where it is so very hard to be properly interpreted and understood.

Fear of racism

- Not from the region.
- Surveillance from Indian state (who is Islamophobic).
- people already judge since i am a muslim and a concerned party, they think my views are colored.
- Humanitarian principles of neutrality since I work in medicine and the space of medicine has to be safe for everyone and also neutrality ensures access to humanitarian organisations in conflict zones. Other reasons include lack of personal security as a member of minority community that is always negatively being targetted and punished for speaking out against oppression.

Lack of time

- Life.
- Very busy.
- Otherwise preoccupied, not sure what would be the correct way to make a public stance.
- No reasons other than personally very occupied. - just took me a few weeks to get round to it.

Emotional impact / Disability

- Sometimes feeling hopeless in what I can do.
- I was confined to my bed for the first three weeks after Oct 7 with little access to a space to speak out.
- Being vocal in public is something I struggle with due to autism. I also deal with confrontation poorly.
- Overwhelm with the number of human rights infringements around the world; lack of capacity; lack of a sense of being heard, no clear path toward success.
- I am very engaged in environmental causes and find myself exhausted with all the abuses out there to the point that I get somewhat paralyzed and ineffective if I take too much on.
- Since there is so few people around me that take stance, it feels like I am alone and nobody care. Then sometimes I can get a little scared for a second. It goes up and down, talk about it-get scared, talk about it and scared and so on.
- I'm a mother to two little kids who is trying to balance career and family life, it leaves very little time and energy for other things. Not to mention that the topic itself is very triggering considering I have small kids. I need to focus on being well myself to be able to take care of my kids.
- I feel hurt and paralyzed by the fact that in the past 2+ years I have been needing to hide and suppress my own cultural identity due to a strong global public narrative that blames the people for the actions of militarized, totalitarian governments. I do not feel empowered vocally advocating for other nations while being disowned and marginalized by most of the world. This requires mental health effort that I lack due to chronic anxiety and depression.

Feasible impact

- Nothing I am too old to start something I don't understand.
- Overwhelm from the many pressing problems around the world.
- Felling helpless and that nothing I could do would are a difference.
- The vain hope that being an ostrich would help me hold on to my sanity.
- I simply was focusing more on other issues and working on Palestinian, rights in other ways (eg through mu cinsultancy work).
- Emotional fatigue. Feeling like the pain of thinking about it is harming me, combined with thinking my stance won't make a difference.
- No reason apart from having been apolitical and not feeling the need to speak up publicly. I have always been a pro-Palestine, pro-justice, pro-truth privately! My stand is anything but new!
- Where I spend 2/3 of the year in Germany serves as transport channel to bring weapons and goods to Ukraine. Obviously I have higher

For the majority of the sample, the emotional impact was huge and needed to be balanced against what they saw as feasible or effectual.

Research into how best to support the mental health needs of Jewish civilians who are against the Israeli military's actions and/or of their government (e.g. British, US, Canadian, etc.) is important.

The ways in which people transform their sense of agency and/or helplessness into empowering, non-defeatist, active strategies that can make an impact are wide and varied.

humanitarian/geographic concerns on Ukraine.

- I co-organized a state-wide uncommitted campaign, so I've been fairly public, but not on social media. Also, I stepped back because of a lack of willingness to plan how to deal with the post-primary landscape.
- I am not sure if speaking out is going to have an impact. Sometimes people feel they have done something just because they posted a sentence on social media. This stops them actually doing something that has impact (like giving money/ starting a social impact project for peace etc.).
- Feeling powerless and not know what effective measure can be taken at my level (besides taking a public stance). Looking for a way to put direct pressure on our government to put pressure on Israel to respect human rights (withdrawing support, arms deal, taking legal action).
- I am part of a Jewish community which is die-hard pro-Israel. I don't agree with it. I don't agree with what Israel is doing to Palestinians, but if I speak out about it then I risk dropping a figurative nuclear bomb on my personal life. As I am physically disabled with complex medical needs, picking up the pieces after my life has blown up is just not possible. I'd rather contribute to fixing this messed up world in the background, as that is more practical than risking extreme consequences by being quite public about my stance.
- I'm Jewish and have Zionist relatives and friends. While I have never felt okay with the Palestinian plight, I considered it on par with issues in Sudan, for example, and didn't feel like making more than a comment or two was something I should do. I also know Israel is a military stronghold for the US, so there are issues far beyond whether I support Zion or not at this point. I tend to prefer focusing on events I can influence more at home, like refugee resettlement. It seems more powerful and likely to do something.
- I had been angry at my own government for two years on many domestic issues. I needed time to recalibrate my response away from anger. If we want better, we have to create better. What is it I can create to anchor my thoughts? Value: how it is conceived, contributed and counted. From there, I can take a stand without being drawn endlessly into arguments. Now, I can repeat simply, "If you can't say NO to genocide, I don't want to talk with you."

Appendix 3: Enablers of speaking up (verbatim responses)

BROAD THEME / VERBATIM RESPONSES	SUMMARY
<p>Anonymity</p> <ul style="list-style-type: none"> • Being anonymous. • An anonymous platform to be a part of speaking out. 	<p>A small number of participants said that an enabler of speaking out was anonymity, however this may be more widely true.</p>
<p>Degree of injustice and hypocrisy</p> <ul style="list-style-type: none"> • injustice, hypocrisy. • Been doing it for years. • The number of victims. • Caring about the people. • The atrocities committed. • The escalation from Israel. • The endless war since 1947. • Many civilians lives lost to IDF. • Injustice and hypocrisy of Israel. • Too many people were too silent. • Because it's gotten so out of hand. • Genocide of Palestinians by israel. • All the muslim leaders just puppet. • Horros witnessed on social media. • The blatant injustice and apartheid. • Madness of it all and what Israel is doing. • The hypocrisy between different conflicts. • 40 years ago on spreading of the "colonies". • In the 90s like apartheid in RSA it was injust. • Change in views and the urgency of the war. • The human suffering and glaring oppression. • What Zionists are doing is just too atrocious. • Disagreeing that Israel is right in the conflict. • The inequalities and injustices are outrageous. • Seeing with my own eyes in real time what was happening. • The disproportionate response from the Israeli Government. • After a while, there was too much inbalance to not speak out. • The actions of Israel were so horrific I had to start to speak up. • I could not stand the apathy and injustice as the death toll grew. • I'm half Palestinian and was always aware of the injustice they face. • Israel just occupied a country. since the beginning its unacceptable. • The horror I was seeing being inflicted on Palestinians in Gaza and WB. • The sheer power imbalance and our Western leaders blatant complicity. • Apologies for being cliché, but "the horror" is what compelled me to do so. • The leave of apathy in the world and because of how long it was continuing. • The sheer injustice of what Palestinians have suffered since the early 20thC. 	<p>One of the main reasons people spoke up was the sheer and horrific scale of injustice and hypocrisy. It violated their value for humanity, belief in human rights, was against their ethnic culture/faith, and caused moral outrage.</p>

- The massive suffering of the civilian population, violation of international law.
- Seeing the situation get progressively more horrific for the people of Palestine.
- The killing of innocent civilians and it doesn't seem to be ending anytime soon.
- The monstrosity of the situation in Gaza, and the implications for world politics.
- The obvious injustice and how sickened I was by the complicity of my government.
- The extreme injustice and merciless killing. and the fact that my taxes are paying for it.
- See my answer earlier. I do believe the answer of Israel was completely disproportionate.
- The situation in Palestine is awful and made me so angry to see so many people suffering.
- Seeing the indiscriminate killing, Israeli lies and propaganda, the hypocrisy... you name it!
- the injustice and the immorality perpetrated by the Israeli government and radical settlers.
- As the horrors got worse, and by doing some research about the early stages of the conflict.
- The simple injustice of the situation, assuming one group was more important than another.
- The horror in photos from photographers and journalists in Gaza who posted on Instagram.
- The sheer atrocities I've witnessed as well as the genocidal comments of Israeli supporters.
- Obvious injustice. Israelis cannot make up for past atrocities by inflicting atrocities on others.
- The degree of violence, the lies told and the attempts to silence voices that oppose Israel actions.
- The situation itself and the very evident hypocritical stance of Europe and in general of the Western world.
- No way to ignore the exaggerated overreaction of Israel and clear war crimes against innocent civilians.
- The level of injustice over 25 years ago. But no-one would listen and I didn't have the vocabulary of today.
- I was appalled by what was happening and even more so that Israel was able to do what it was doing unchecked.
- The asymmetry of the response from Israel and the history of apartheid and deprivation enforced on Palestinians.
- What's wrong needs to be stopped. Especially genocide. And its Palestinian land, not the terrorist masked as "Israel".
- Realizing and daily seeing how deep the pro-Israel narrative runs in people close to me of who I had absolutely no idea.
- I saw a lot of similarities in Russian and Israeli rhetoric and was shocked how it passes with no consequences for Israel.
- The shocking reality of how Palestinians are suffering but even more so the hypocrisy of western nations particularly US and the UK.
- I felt the urge to stand up against injustice, imperialism and colonialism when I started to learn more about the history of Palestine.
- It's the clearest case of ethnic cleansing on earth today. All people of conscience need to speak out against oppression and injustice.
- I am an advocate/activist by nature but the Palestinian's resilience and endurance in the face of oppression has always impressed me.
- A realisation that the Israeli government intended to continue bombing until all Gaza was destroyed and Palestinian people had nowhere left to go.
- I was horrified from the beginning and immediately was talking to anyone at my Quaker Meeting. I spoke personally about it at Meeting for Worship.
- Sense of justice. Humanity. Anger against the murderers of children. My deep understanding of the imperialist agenda that drives Zionism.
- Seeing entire families slaughtered; children maimed for life; know that this is just the most recent and violent of years of oppression for the Palestinians.
- The growing number of deaths and the feeling that I wasn't alone in dealing with this issue. Seeing others protest gave me the courage to speak my mind.
- Two things - 1. Ongoing atrocities cannot be ignored (& are not making Israelis safer) 2. More strength in numbers as more people I respect began commenting.
- Because it's a blatant case of injustice and with a history that is one of the worst in the world - it reflects all that's wrong with current world power relations.
- Common sense. Life is a life, no matter where, and sending bombs is not acceptable no matter what. If you cannot handle a conflict through dialogue, you failed.
- Because it's clearly unfair and illegal how Palestinians are being treated. I'm Irish so it's very clear for Irish people to see that Palestinians are being exterminated by Israel.

- The realisation that Israel intended to ignore the civilian population both at home and in Gaza and was hellbent to cause massive human suffering and injustice in all Palestinian territories.
- US supporting Israel so egregiously and aggressively in the face of 15 to 1 killing numbers and higher. Photos of the children killed and hospitals decimated and US lukewarm discouragement of Israel.
- Honestly I don't trust the present government in Israel and I cannot support Europe not to have a louder voice to stop this slaughter. There is a lot of hypocrisy now as there was in the Second World War with the Jewish Holocaust.
- Israel is a theocracy, a vestige of European colonialism. The Gaza ghetto is the worst example of Israeli apartheid. The Hamas attack on October 7th, terrible as it was, was no worse than Irgun's bombing of the King David Hotel.
- Outrage and disgust at the disregard for innocent lives, collaboration, and Justice; friend-of-a-friend reports that Israeli officials let the hostage situation happen so that they would have reason to commit these atrocious acts of retaliation.
- Israel is doing everything they want in this region, enlarged territories, with the support of Western countries but with extremists at the top. Geopolitical reasons, water control and 1 life always equal 1000 when Western attacks those countries.
- I was hoping to find my family and friends equally as horrified. Unfortunately, many of them have internalized the narrative that violence in historic Palestine is inevitable, even as directly responsible as the U.S. strategic apparatus is for this event.
- The verbalisation of the language that put words to what was happening in a way that Westerners could understand as colonisation and indigenous people and that I understood that I had been silenced by Hasbara propaganda. I didn't need to learn more I had been gaslighted.
- I saw too many horrific things. I think sadly the WCK bombing opened up avenues for people to discuss more. I saw that opening and used it to try and share my point of view. I hate that people cared more about Europeans dying but I tried to take advantage.
- Total contradiction to the knowledge that I received in the university about the international, humanitarian and human rights law; contradiction to what I saw with my own eyes in Israel and Palestine; seeing that there are other people speaking out; empathy and compassion for the horrors that Palestinians are experiencing, especially in a role of mother and in a role of psychologist, understanding the extent of the impact and consequences of the experience;

Humanity / human rights

- Humanity.
- Human right.
- My humanity.
- Cruelty of war.
- Basic humanity.
- Loss of innocent human life.
- the violation of human rights.
- RKU and compassion for other people.
- Their loss of basic necessities to survive.
- None of us are free until all of us are free.
- We are all humans and have the same rights.
- Self believed in what constitute of human rights.
- Injustice & imagining how I would feel in their shoes.
- It's about behaving like a human being who honors life.
- Human rights and an understanding of right and wrong.
- Humanity and the right of the Palestinians. I'm against genocide.
- It's the right thing to do. All people deserve to freely exercise their most basic human rights.
- Human rights are the most important rights we have. Not talking about them spells disaster.
- Human rights! What Israel is doing and have been doing is horrible. More people must see this!
- My believe in fundamental human rights, and also a deep knowledge of the history of Palestine Israel.
- I am also from an oppressed group so it was easy for me to see the oppression of Palestinians as well.
- The scale of the human suffering and the self-defeating and self-perpetuating nature of what is happening.
- I am a Pole and I know occupation means; I care about the human rights and especially I cannot accept the children's misery.

- Learning about the human rights violations and the very high number of deaths. And the history of colonization, oppression.
- The human suffering. Very simple. Playing with my son and thinking of all the children who were scared, injured, without parents etc.
- I was appalled at the ferocity and futility of Netanyahu's campaign to eradicate Hamas entirely and its associated human cost.
- For me it was always very clear that Israel was stealing the Palestinian land and violating their human rights that's why I was always supporting the Palestinian side.
- The Human in me who realised that unless we, as Humanity, speak up together and never cease speaking up about our human rights, of the Palestinian people included, we are ultimately just giving them up altogether.
- While the situation is complicated, I believe the Palestinian people have been robbed of their home, human rights. I believe they have been living under an oppressive apartheid perpetrated by the government of Israel.
- The belief that the solution to the conflict needs to start with strengthening the idea that everyone in the region deserves to have their human rights respected, and therefore standing up for human rights for everyone there is the basis for a change to the status quo.
- Learning about the conflict and regional history and the fact that I believe that we are one people, all with the same rights, all worth the same. The strong belief that universal human rights should truly be universal and that the infringement on one person's rights is an attack on the rights of all.
- I started talking about the Palestinian genocide due to common humanity and empathy, especially due to the fact that my ancestors went through the very same circumstances as Palestinians. It would be inhumane from my part if I did not speak out, as it would be blatant inhumanity from my part.
- August 2022 was the defining moment, when Israel shut down all human rights organisations across the occupied territories. Immediately set up a Google alert for "Palestine" to keep up to date on all emerging hostilities and I could foresee the scale of the horror to come.
- The situation and the response escalated so quickly I found it shocking. I was very shocked by amount of damage and the Israeli rhetoric, which very early on became way more aggressive and psychotic and the response was not proportional. What upset me is how few people around me seemed to care or at least accept the human rights of Palestinians.
- Violation of human rights necessarily means healthcare delivered to Palestinians will be inadequate to meet their needs. In the last 7 months more graphic violation and disregard for humanitarian principles meant that holding a neutral position would hinder rather than facilitate access to humanitarian aid in Palestine so it became more important to speak about it publicly.
- Clear and obvious human rights violations, war crimes, lies and demagogue by Israel's government for decades. Tons of evidence showing that the 7th of October was an Israeli government pre-planned strategy to justify violence and annihilation in Gaza. Inaction by western leaders was also a big motivation, as defenders of human rights it is and was sickening to see no stance on the Gaza genocide.
- The facts of life, namely, that Palestinians are as much a part and the source of our global Humanity as me or anyone else. With respect to latter, minus the people who willingly and intentionally put all their lives and efforts into harming Humanity. This includes all the settler-colonials across the globe. Those, their supporters included, I do not consider a part of Humanity in any possible way.
- Because the stance that Israel is taking is simply a crime against humanity. Having been pro the Israelis all my life, in view of all the persecutions they have been exposed to throughout the centuries, not least the holocaust, I am shocked and horrified to see them treating the Palestinians the same way. I think the Israelis have a right to defend themselves after the Oct 7 attack, but not like this. This is brutal, this is genocide. Gaza is like a pogrom.

Ethnicity / culture / faith

- Faith.
- I am Arab.
- My culture.
- My upbringing.
- My Christian faith and my humanity.
- My believe that every person has basic human rights. My Catholic values. to have.
- My faith, and seeing that others were doing so in an organized way (AMP, JVP, USCPR etc).
- Understanding the Palestinian issue ... it's also a Muslim issue that I must speak about to support my brothers and sisters in Palestine to support my brothers and sisters in Palestine.
- Some of my students knew I was Jewish. We had some speakers refuse to come to campus, because they were asked to sign a pledge to not

boycott Israeli companies. At that point, it entered into my arena, and at that point I felt like I needed to (a) be clear that I am Jewish and (b) be clear that I don't condone Israeli government just because I'm Jewish. I have friends protesting in Israel FOR Palestine who are Jewish, so I didn't want my students to doubt which side I landed on. But I have to be careful because this is a highly conservative school.

Moral conscience / values / outrage

- Anger.
- Morals.
- Values.
- Myself.
- Outrage.
- Outrage.
- Fairness.
- Decency.
- Moral duty.
- Conscience.
- Compassion.
- My principles!
- My conscience.
- It's a just cause.
- Common sense.
- Inner motivation.
- It's unfair & wrong.
- It's common sense!
- My own conscience.
- Humanity / empathy.
- The number of victims.
- My values as a person.
- Its the right thing to do.
- People deserve dignity.
- Almighty and inner voice.
- My care for those people.
- My own conscious helped me.
- Compassion for the oppressed.
- Knowing genocide is happening.
- The fact it is the right thing to do.
- How are we letting this happen?
- Empathy and the right thing to do.
- I was losing sleep over not speaking out.
- Palestinians right for self- determination.
- The universal declaration of human rights.
- I have always stood for the rights of Palestinians.
- Nothing in particular, it's the only right thing to do.
- No one. It's my own conscience as a human being.
- Människors lika värde (people's equal value, Swedish).
- Personal moral and ethical standards, values and beliefs.
- Realizing that by not speaking up I was part of the problem.

- Anger at the silence of the community and double standards.
- I was shocked that something like that is actually happening.
- It is the right thing to do and I am compelled to do the right thing.
- Felt wrong to do nothing, though it was the least I could do to help.
- Because they are humans like us and deserve every right that we have.
- A passionately held belief in justice and equality and a worldwide tribe.
- Anger and solidarity and feeling responsible because of my tax dollars.
- I realized that any action to try to help is something better than nothing.
- The scale of civilian casualties and the obviously planned ethnic cleansing.
- It is a duty to defend the rights of Palestinians. It's awful what it is now happening.
- A line has been crossed and I don't care about accusations or funding anymore.
- Human decency and an obligation to do whatever possible to defend the innocent.
- Because it is the right thing to do. We need to stand by our values and embody them.
- Anger. Disgust that people allow this to happen. Frustration at people around me ignoring it.
- A sense of justice - and conversations with medical colleagues working in Gaza and the Westbank.
- Moral and ethical principles. Humanitarian urgency. Faith and spiritual beliefs. Desire to do the right thing.
- My conscience. I do feel it needs to be balanced though. In the end, Israel's action was not unprovoked.
- The complexity of the situation's history. However, the human rights violations need to stop. It is horrific.
- I was more angry and heartbroken for what was happening to them than I was afraid of losing friends/family.
- Feeling ashamed to speak about right and wrong in anything, when not able to shout wrong for such obvious things.
- Outrage about deliberate massmurder of children and civilians, support from the West (us), under false pretenses.
- Conviction, support around me, a general indignation but as in a lot of subject people with more responsibility will not show up.
- SoMe and my search for truth. It was impossible for me not to speak up. I believe we are all connected, this is not a vacuum.
- For decades I have known how unjust the situation in Palestine is. Now I know that the cost of my silence is too high. I need to have more courage.
- My conscience, knowing what was happening was indisputably wrong, my country's government being implicitly complicit in such abuses and atrocities.
- There is a limit to depravity. There can be and shouldn't be fence-sitting in the face of a genocide, no matter the personal consequences.
- There is a right & a wrong and I believe politicians "wade in" with strong condemning language without seeing where their verbalism can lead.
- I heard somebody say that the protests would never lead to anything, so I had to share my viewpoint on why we should fight for the rights of the Palestinian people.
- I was outraged by the biblical references to destroying the Amalek as a pretext for genocide. I was also outraged by the position of the US and the Australian governments.
- I just felt it a moral imperative, as well as the fact that I realized I was personally invested in Israel no matter how much I thought otherwise due to my family and friends being there and having lived there.
- As a Jew and as a descendant of genocide survivors, I felt obligated to do so. As the US response took hold, and I learned more about the historical relationship between the US and Israel, I also felt compelled to speak as an American citizen.
- My Zionist connections were part of the reason I decided to say something. I don't imagine I will change their minds, but I did want to make it clear to my students that Jews are not all Zionists nor are all Zionists Jews. I also wanted to be clear that I was outraged, as a grandchild of survivors, that decimation to another people was happening in "our" name. It's not my name, because I am not Zionist.
- I was in a religious studies class in which a student stood up and declared her support for Israel, which thoroughly surprised me. The professor (as always) took an exceptionally neutral position in engaging, asking the student questions and digging into her reasons for why she thought that way - all of which were rooted in "we always support Israel because that's the home place of my religion". That, combined with Naomi Klein's book *Doppelganger*, which gave me more background on the ongoing conflict, helped me better understand the issues. With understanding came a moral duty to defend needless suffering.

Social / social media influence

- Friends.
- A friend.
- My friend.
- Social media.
- talking to allies.
- Like minded friends.
- My friends and family.
- Social media; my kids.
- My family and my heart.
- Popularity in social media.
- Images and news from Gaza.
- Others doing so legitimised it.
- Changing my attitude to work.
- seeing other people speak up.
- Having a reason to talk about it.
- Posts I was seeing on LinkedIn.
- Others posting on social media.
- Friends Posts and my own values.
- Certain colleagues and comrades.
- English friends who support my stance.
- Knowledge, friends, social movements.
- All the info and images on social media.
- physical gatherings in the neighborhood.
- Posts I was seeing from trusted colleagues.
- People around me, social media, history facts.
- I have always spoken up with friends and family.
- Someone brought the topic up in a conversation.
- Having a group of like-minded people around me.
- Other peers and people I admire on social media.
- A group, a sympathetic community, no risks to me.
- my class in school and my family speaking about it.
- The more I saw others speak up, the more safe I felt.
- seeing footage on IG of the damage and people hurt.
- Information from the internet that helped educate me.
- Seeing the anti-Arab racism of Zionists on social media.
- I grew up in a world where being pro-Palestine is normal.
- Social media posts from Gaza from locals and the press.
- Friend who feels strongly about the wrong doings of the US.
- Nothing in particular, but hesitation to speak about politics.
- Knowing that the people I'm talking with support Palestinians.
- Discussions with people close to me, and reading up on history.
- What I could see happening, in the press, on tv and social media.
- Knowing that there are other people who oppose what Israel is doing.
- Self reflection, seeing others on LinkedIn advocate for human rights.

Other enablers of speaking up include the influence of social connections and social media, personal connections to (people from) the region, and gains in knowledge from the news and other experts.

Also, some are more heart-led and others are more mind-led, and some have re-scripted their relationship with work.

- In recent times my daughter's deep concerns on this issue (she is 22).
- A video circulating social media which showed the Gaza-wall torn down.
- Being in a group of like-minded friends who were also sharing their opinions.
- The advice of elders in my family, particularly my maternal uncle and mother.
- People on my linkedin who managed to find the right words that I could share.
- Social media helped me about the truth so I could share it with my followers.
- Having access to social media (FB) through which I could publicly express my views.
- Friends; listening and reading Jewish intellectuals who critique the Israeli government.
- My sister was a catalyst. She started to speak up. I figured that if she could, I could, too.
- @raisingliberatedkids, my husband, my friends who speak up for Palestinian human rights.
- The Palestine Solidarity Campaign, the people organising the Pro Palestine protests in London.
- Most in my personal and professional circle are pro Palestine so it is easy and normal to do so.
- I was brought up with strong views about Palestine/Israel, so it wasn't really about compulsion.
- Seeing peers, colleagues, speaking up; and feeling confident enough in my knowledge of the situation.
- Social media posts on LinkedIN helped a lot. Seeing ways to post without attacking other people felt right.
- Talking to people at a climate justice edmonton event, listening to "wiser world" podcasts, social media.
- Being confident in my professional position and reputation and secure in my understanding of the situation.
- Finally feeling secure about my stance, independent information sources, presence of friends in social media.
- I grew up in a family always sympathetic to the Palestinian cause, although they might not have been activists.
- Mostly my own principles, but in parts also by encouragement and others being committed to take a stance. Like Raj..
- Seeing non-Palestinians speak publicly helped me feel more secure and supported as a Palestinian when speaking up.
- my daughter who got very involved. having venues to show up and be with others who care and are seeking to speak up.
- I spoke up for a short period, sharing posts and commenting on social media. It was an instinctive reaction to a tragedy..
- Collaborative interactive 3d spatial thinking. Why more people don't use it is disappointing (to say the least) and rather pathetic.
- I was vocal on LinkedIn and felt supported by other like-minded professionals who I connected with around Palestinian human rights.
- I never spoke about it in large assemblies/on social media but in person, mostly to people I knew before so no need for external help.
- My partner's advocacy. She went first and alerted me to something I was relatively tuned out from at the time. More violence in the Middle East.
- Knowing Palestinians and middle-eastern friends who are affected by the genocide, having a background in history and politics & human rights.
- I have always spoken about Palestinian rights. I don't post on social media because I don't use social media. But I have written daily to all my local politicians since oct 7.
- Friends with a similar mindset who were actively standing up for the rights of Palestinians. Along with the moral obligation I feel as a human to stand up for any human being persecuted.
- Colleagues who have worked in Gaza and the Westbank; 2 close Palestinian friends; Muslim friends; reading more and trying to be informed; making a decision early on that being silent would be complicit.
- Learning more about and getting educated about the Palestinians struggles, and get together with likeminded people who also are well read about the issue. Social media has helped to find and spread information.
- I have family members from and in Gaza, I once visited israel and the west bank and when I saw the obvious human rights abuse, I started to openly speak about my position and support Palestinian human rights.
- The availability of frontline photos and videos of people on the ground in Gaza and the West Bank help to provide the evidence necessary to counter the propaganda published by Israel and the media outlets that support them.
- Connections on social media who were already active, some colleagues who had been active in this work for a while, and connecting with a community of Jews who are dedicated to opposing apartheid and genocide in all forms.
- A recent video that featured a holocaust survivor talking about Gaza and condemning the actions of Israel. It was the images of dead children and overwrought families that moved me to speak out. I received the video from someone who shared it on social media.
- Images of violence on social media. Civilians' homes being destroyed and children injured and orphaned. For no fault of theirs. And then finding out all this was happening in a place that these people cannot escape from. What kind of monsters would bomb people who are imprisoned?

Personal connection

- I went there!
- My own history.
- Echoes in friends.
- my Palestinian friends.
- A Palestinian colleague.
- I am close to the region.
- Being Palestinian myself.
- I talk freely to family / friends.
- Personal connections to Palestinians.
- Knowing people who live in the region.
- The friends who have shared the same opinions.
- Other people posting their support for Palestine.
- personal experience from living in Israel/Palestine.
- LinkedIn people- one local person who is a Palestinian.
- Just my own instincts on it... and talking to friends about it.
- My previous involvement in solidarity work with Palestinians.
- My friend Marissa, Al Jazeera, poet Aja Monet and Natalie Diaz.
- My parents and my life experience and expertise in M.E. affairs.
- My knowledge of the history of what has happened to Palestinian's.
- There's safety in numbers. I speak out when I feel that I am not alone.
- Seeing the momentum grow among like-minded people, mostly on LinkedIn.
- It is a general thing but coincidentally in March I met a Palestinian called Fadi.
- My parents are progressive and pro Palestine, speaking up is how I was raised.
- I'm both Muslim and have Jewish roots. I've always been interested in Palestine.
- I am Arab Jordanian I didn't need to be inspired by anyone to talk about Palestine.
- I grew up in Israel -- I spoke up then, as a teen. I speak out now whenever I can.
- my husband from Algeria providing information to me; my Arabic teacher is from Gaza.
- I lived in the Middle East, have Muslim and Palestinian friends. I think of them when I am scared to speak up.
- Personally knowing someone from Gaza and knowing how difficult life is and always has been for Palestinians.
- Learning about the history of Palestine combined with my own personal experience. My dad is a radicalized Zionist.
- I grew up in the Middle East, have been to Palestine as a child, and have always sympathized with Palestinians.
- The fact that I have Jewish friends who did so too whilst not negating the complexity and entangled history and the propaganda.
- I am from the region, specifically Jordan origin and I have clear background about the Palestinian cause also I am human rights defender and it would be hypocrisy to stand for other countries human rights and not standing for Palestine.
- No-one in particular. My husband is of a Jewish background and although he is totally anti the current Israeli government and its actions he seemed paralysed by the situation. However he has since donated a lot of money to the humanitarian organisations working in Palestine. Because of this family connection I sought out the Jewish group on the Palestine march, but he'd shown no inclination to come.
- I lived and worked in Israel - with both Israelis and Palestinians when I was a teenager. The experience had a profound impact on my understanding which I increased over the years through travel, friends and research. While I was not that politically active, I would go to marches to show support and solidarity for friends. With the intensification of atrocities, I have become more active because I feel it is our duty to call out complicity in genocide (or anything that even comes close). Others have also created more space to voice opinions - there is a global movement. With this expanded knowledge, you don't need to begin from the beginning, which can be tiring. The more respected people speak out, the easier it is for others. When you are privileged and work for an elite institution, as I do, you have a responsibility to speak out as many others (especially Arabs and Muslims) are afraid of losing their jobs etc, and by taking a stance, you help build consensus.

Media / news / experts / gains in knowledge

- History.
- The news.
- My doctoral advisor.
- self education, friends.
- To combat the ignorance!
- Fact finding and knowledge.
- The facts are so compelling.
- To open other people's eyes.
- Creditable/objective sources.
- Because very few others were.
- Reading, being well informed.
- The press at the time in France.
- I know about the history of the region.
- Awareness and researching the issue.
- Local action groups, online resources.
- Had studied the history in some detail.
- The more I read the more I felt injustice.
- Reading articles & watching TV debates.
- Palestinian photo journalists on socials.
- Heartfelt appeals by others to speak up.
- I had more mental space to talk about it.
- I've been informed on the issue for years.
- Anti genocide influencers and politicians.
- Properly educating myself about the topic.
- No one. I guess only the journalists in Gaza.
- My knowledge of Torah and Jewish holidays.
- Watching the news as the 'conflict' unfolded.
- Other people who I respect voicing their views.
- Taking time to educate myself about the issue.
- Extensive research on the history of the conflict.
- Al Jazeera, Democracy Now, The Intercept, JVP.
- American Friends Service Committee/Dov Baum.
- Awareness about this subject even before 7 October.
- Tools by Canadian organizers for what I can say to my MP.
- Taking time to think and reading from experts on the region.
- Research and reading about Israeli actions since the late 40s.
- Learning researching and the growing unbalanced death toll.
- I only ever talk about it when there is a current issue in the news.
- The speakers and leadership of the Calgary Palestinian community.
- It's a pretty clear power imbalance and massacre in my perspective.
- The young English speaking journalists in Gaza reporting on the ground
- Mainly support by others and institutions I identified as reliable sources.
- Finally seeing the truth of genocide, occupation and settler colonisation.
- Others with history in the region or who have studied it intimately for decades.

- Nothing specifically. Once aware ive always advocated for people and animals.
- Due to the inherent bias in the media and the situation going from bad to worse.
- Petitions, letters to MPs. Would join demos if I were younger and in better health.
- People reporting from Palestine , news coverage, info from charities based in Gaza.
- Learning about the artist who was told he couldn't paint an image of a watermelon.
- My knowledge of international law, and the fact that I am very well read on the topic.
- Having a concrete solution to stand behind (e.g. petition or something more effective).
- Actually learning about what was happening by reading non mainstream news sources.
- Informations by UN, ICC, Videos, pictures from people to trust, palestinian family friends.
- Taking the initiative to educate myself as to the current atrocities and those dating back pre-1948.
- Watching news on Aljazeera every day & seeing dead bodies & children being injured badly.
- Personal knowledge of the situation and learning more from non-mainstream media sources.
- The truth of history... all documented in the Koran n the widely known record of the actual history.
- The videos, the pictures of what was happening. Not from the media, but those from MSF, UNICEF etc.
- A friend of a friend was killed in an early hospital strike. Also 'credible' organisations like MSF providing coverage.
- I watched several videos on YouTube on the history of Palestine and Israel that seemed fairly unbiased.
- Reading books on the history of the Middle East and its relationship with the west. Helped me understand.
- The polarization of the debate and people not knowing what they talk about and taking my responsibility.
- Waking up moment when starting to learn more about Palestinian history (I had never heard the word nakba before).
- Educating myself through reading and watching as much as I could about the realities of Palestinian life under occupation.
- I had a long term understanding of the Israeli/Palestinian issues and the subjugation of the Palestinian people and their history.
- I got organized in a communist youth group(RKU) and therefore studied the history of Palestine and what is happening there.
- gaining a good understanding of the conflict gave me confidence to express my view and ii) work colleagues encouraged me.
- I was chocked, had no idea before 7oct so it was an awakening for me. And I needed to show people around me what was going on.
- I am empathic and was emotionally affected by the plight of the Palestinians. This led me to quickly learn more about the history of the conflict.
- Reading about the conflict, Prople of prominence in Ireland. Talking to Palestinians outside Palestine and discussing the issue with friends of mine.
- MSF had some clear calls to ceasefire right from October which was the easiest to share on public platforms. Furthermore positive reinforcement in the idea of power of the general publics voice by prominent commentators on the situation helped.
- Comments by Netanyahu and news reports about impact of attacks on Palestinians, especially women and children.
- Anecdotes from an American friend who has lived in Lebanon and campaigned for Palestinian statehood for several years.
- I joined a group which focuses on facts and is very action oriented (stays away from the emotional bits). I also read a book to educate myself.
- Learning about the history of the conflict from different narratives, trying to hold these competing narratives, and conversations with Palestinians.
- The seeming ignorance of the student who spoke up in my religious studies class. She didn't so much help as compel me to speak up with her ignorant, dogged defence of Israel's actions.
- I remember becoming aware of the issues back in 2010 and had many conversations with a friend from the region. I will never, ever bend in my support for Palestine and I have always been happy to voice this.
- My LinkedIn started to display posts regarding this and so, I started to get information of several diferente sources and could not deny the reality of brutality, I am Christian and what Israel is doing is totally against God.
- Following the Palestinian liberation cause for years, so I knew on Oct 7th that what was being presented by governments and the MSM on Oct 7th was false. I knew others may not have the historical context so felt compelled to raise my voice.
- Not the initial response to 7 October, but the disproportionate nature of it. Then it seemed clearer this outright destruction was Netanyahu's aim all along. Then I started reading more about Zionism and the plight of the Palestinian people over decades became clearer.
- I did not agree originally with Linkedin becoming politically active & politicians using the platform to spread their rhetoric but as they have now done so it behoves businesses small & large not to let the platform become akin to Twitter as was/X as is, sink to something other than

reasoned & logical debate.

- Not being affiliated as a staff member with any governmental, intergovernmental organization (otherwise, I am afraid, we would be instructed to stay out of the topic); examples of others; my own experience (I trust what I saw myself) and more or less understanding the historical "games" of global politics.
 - Some people deal with problems by pretending they don't exist, others by choosing sides in a set up where others have already done all the thinking for them, I think the only way through a problem is by going through it in all its complexities, lack of nuanced understanding leads to fragmentation in society.
 - I was infuriated by the neoliberal media narrative, especially closer to the end of 2023, that the genocide and the history behind it is 'too complicated' for laymen to arrive at the conclusion that Palestinians should be free of this cruelty, and that anyone who arrives at that conclusion anyway does so simply because they are "antisemitic".
 - The time I have spent reading and trying to understand previous conflicts, the role of conflicts, the fog of war, made it easier for me to dissect this conflict from the start. I believe the only reason wars exist is to remind us that we should never have wars and do everything to avoid them. Studying past conflicts enables me to see past the propaganda of present conflicts.
 - I was already intrigued about genocide studies and had been studying genocides around the world for like one year on my own as I am myself a remnant of the people who were victims of the famines engineered by the British Raj. I started speaking up for Palestinian human rights as I saw a certain pattern signalling the telltales of genocide repeating in Palestine, similar to what had happened in Srebrenica and Rwanda.
 - Before October 7th, it was mainly because I have informed myself about the situation and saw how obviously bad it was. After October 7th, apart from the obvious abuse of human rights, I'm still shocked and worried by how the international community handles the situation of a state going full rogue. Apart from the genocide in Palestine, this will have implications that we will all feel, because it means other countries will see that they can do whatever they want and that international law is a failure.
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